

Hammersmith

CHRONICLE

Established 1883, part of the London Weekly News group

TUESDAY, MAY 9, 2017



Thank you, Philip

The Duke of Edinburgh has announced that he shall be formally stepping down from his official engagements in August. Her Majesty The Queen will continue to carry-out her duties in full, supported by senior royals. For the full story and many more pictures, see pages 14 and 15

Showing racism red card

BY TOBY PORTER
toby.porter@slp.co.uk

Fans have been hearing from footballers and coaches about how important it is to report racist bullying or bigotry.

Show Racism the Red Card and the QPR foundation have kick-started their Stop the Hate Campaign across schools in Hammersmith and Fulham the project is being funded by Hammersmith and Fulham council and is supported by the local branch of the National Union of Teachers.

SRtRC educators Francis Duku, Lionel Morgan and Clint Easton delivered workshops to the Year 3,4 and 6 students of Wendell Park School.

They were also joined by QPR foundation coaches Tom Charles and Arran Wilding who led the fun fitness sessions with the young people.

The workshops included activities and discussions about Racism; the definition, stereotypes and terminology. Students discussed what they would do if they were ever a victim of racism or ever witnessed a racist incident.

A Year 6 student said: "I don't understand why people would want to be horrible and say racist stuff to people. If I was there I would tell my teacher or my mum."

The educators delved further and explained to the students that they are protected by law if they were ever a victim of racism and that they should never ignore it, which linked into the second half of the workshops were students learned about the topic of hate crime – what it is and who it affects the protected characteristics, these were identified defined by the students with help of the educators.

Tom Charles and Arran Wilding kept the theme of the

day running throughout their fitness sessions – ensuring that students were listening to instructions, respecting each other and work together as a team during the activities.

Teachers from the school listened with interest to what the students know and have heard around the topic of racism.

One said: "I like the way the educators explained why we don't use certain words to describe people's skin colour any more to the students, it was shocking to me that unacceptable words that were around when I was young are still being used now and the students are just using them without realising the impact."

"Over all I felt that the day was very informative and beneficial for the students and staff as well."

The partnership will continue throughout the school year across the Hammersmith and Fulham area.

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Independent Press Standards Organisation



Take a tour of street trees during London Tree Week

Learn about how trees are the lungs of the city

BY TOBY PORTER
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Some of London's most famous flora will become points of pilgrimage during London Tree Week which starts at the end of this month.

The celebration of all things green and leafy will be bigger than ever when it returns from May 27 to June 4.

More than 60 events will take place around the trees of London's streets, parks, and woodlands. An ancient Tyburn Tree and one named after Thomas Hardy are among the highlights of a tour where budding photographers will have the opportunity to develop their skills.

That will be on the Woodland Trust's tree photography walk, with writer and photography expert, Edward Parker on May 30. The tour starts at Marble Arch Tube station and also takes in the London Plane trees at Russell Square.

Another event, perfect for families is the Tall Tree Stories on Thursday, June 1 – a storytelling session workshops in Fulham Palace Gardens.

Alternatively, try the Tree or False session in Mary Geraldine

Harmsworth Park where you can follow the tree trail and boost your knowledge of interesting tree facts.

A free audio tree trail will also be running all week in Potters Field Park near City Hall on topics ranging from Treelaxation to Poetree.

Young people have the chance to study tree bark and the mixture of creatures that live inside at the Greenwich Peninsula Ecology Park on Wednesday, May 31.

There will also be a guided pond dipping and bug hunting experience.

Highlights include a London Wildlife Trust bat tour at Sydenham Wells park in South London on Saturday, May 27 – including special detectors to help identify the sounds of the many bats that are nesting around the trees.

Londoners are also encouraged to share their photos of their favourite trees on Twitter and Instagram using #LondonTreeWeek.

London Tree Week is organised by the Mayor of London in collaboration with a number of organisations including The Woodland Trust and The London Wildlife Trust, and is part of the Mayor's work to protect, promote and expand London's trees and woodlands.

Over the last few months, Sadiq Khan, the Mayor of London has helped deliver about 43,000 new trees across all London boroughs and will help fund thousands more over the next three years.

He said: "London's eight million trees brighten our city, boost air quality and make our city one of the greenest in the world. We have planted tens of thousands of trees since I became Mayor, helping to protect our green spaces, make the city cleaner and ensure a better quality of life for Londoners."

Christina Joachim, from the Woodland Trust said: "London Tree Week is the perfect opportunity to celebrate how important trees and woods are, for everyone."

"Trees make our world a better place to live – they clean the air, they provide shade, they offer a place for recreation. There should be more of them on our streets, and the ones we have need better protection."

Full listings, including details of how to attend can be found at: www.london.gov.uk/londontreeweek

Watch out for essential works

Engineers have started work on the second phase of an essential gas mains replacement project in one of London's busiest roads.

Work to replace ageing metal gas mains with tough new pipes got underway in Fulham Road this week and is currently scheduled for completion in September.

To ensure engineers can carry out the work safely and efficiently the following traffic management will be needed:

- The westbound lane of Fulham Road will be closed between Beaufort Street and Gunter Grove during certain periods of the work. Temporary traffic signals will also be in place to minimise the time and extent of the lane closure.

- Fernshaw Road is also closed until mid-July at the junction of Fulham Road with access and egress via King's Road with a signed diversion route along Edith Grove and Gunter Grove

Project manager Stuart Donaldson said: "The pipes under the Fulham Road have been providing gas to Londoners for more than a century. Like other London infrastructure, they need work to replace and upgrade them."

"Our programme will reduce the amount of repair work on our network along with the congestion this can sometimes cause."

"It will also help ensure we continue to provide homes and businesses with safe and reliable energy and support London's economic growth."

The gas mains being replaced are more than one metre in diameter and technology will be used to insert the new pipes into these old mains wherever possible.

"This will reduce the need for digging and enable the work to be carried out faster."

Making people dementia aware

A free awareness workshop will give people a better understanding about dementia.

People living in Hammersmith and Fulham are being invited to the event on May 15 at 1pm by provider of personal care in the home, Bluebird Care.

It is hosting the event – where lunch is provided – as part of national Dementia Awareness Week along with the Alzheimer's Society.

Managing Director of Bluebird Hammersmith and Fulham, Soheila Amin, said: "One in four people will be affected by dementia in their lifetimes, which is why it's important to work with individuals and their families to try and make life much easier for those who have it."

"With the specialist services we provide at Bluebird Care, we are determined to do just that with this free public event as part of national Dementia Awareness Week."

"The Bluebird Care team want to meet as many people as possible and make them aware of dementia and how we as a community support those who live with it."

For more information call Bluebird Care on 02087435308, email hammersmithandfulham@bluebirdcare.co.uk or visit www.bluebirdcare.co.uk/hammersmith-fulham

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Former toiletries shop is home to area's budding young artists

BY TOBY PORTER

toby.porter@slp.co.uk

Up to 15 artists are getting the chance to draw inspiration by working in a mall – and the opportunity to show off their work to shoppers.

A former toiletries shop in Kings Mall, Hammersmith, is currently home to six artists, working there under the banner of the KM Residency, without having to pay up to £250 a week in studio fees.

The collaboration between Hammersmith & Fulham council and King's Mall owners Schroders has seen the vacant space handed over to young artists to enable them to create their work without the expense of studio fees.

This will culminate in an exhibition with open studios from Thursday, in partnership with the Hammersmith London Business Improvement District.

The studio will remain a creative space for as long as the retail unit is vacant: creating both a community benefit, and a local attraction, from a temporary disadvantage.

Hannah Bays, who finished studying art in 2015, is

a young artist who has been given an opportunity which might not have been possible without KM Residency.

"Realistically, getting a studio is very expensive," she said. "With rent and studio fees, you're looking at £250 a week – which on an artist's income just isn't possible."

"It is a bit bizarre being in a shopping centre, but this is a great space, and a great size, too."

"I'm a bit of a sponge, creatively, so the ambiance of the place gets soaked up."

KM Residency could hold as many as 15 artists, and Hammersmith & Fulham council has been contacting colleges around London to offer access to space – which is otherwise in short supply for young artists.

Georgia Kitty Harris, who went to school in Hammersmith and graduated from the Royal College of Art last year, is a great example of how the creative process is influenced by environment.

She has created a series of portraits of people who have passed by her window on the shopping centre; and called the collection Mall Rats – after the 1995 Kevin Smith movie.



Hannah Bays is a young artist who has been given an opportunity which might not have been possible without KM Residency.

People wander in – often out of curiosity – and she asks for a picture, which she then spends about 45 minutes recreating in portrait form.

She has a whole book of

Mall Rats. "I didn't have the studio space at all" said Georgia.

"I've always had to pack my stuff back into a bag, and this is the first time I've been able to have my own

creative space," she said.

KM Residency is open now in King's Mall Shopping Centre for inquisitive passers by, and the exhibition of artists work will open there on 11 May.

What's a typical day at St Vincent's House? Getting creative



At St Vincent's House care home we support residents to get the most out of every day. We also believe in sharing our expertise.

Join our next free event: Stroke awareness

Thursday 18th May 2017, 2pm - 4pm

Free event

St Vincent's House is pleased to welcome Barry Coppock from the Stroke Association, who will be sharing expert advice and guidance on the symptoms of a stroke and stages of recovery, including the resources available.

The event will also include:

- Expert information on recognising signs of a stroke or a mini stroke (TIA)
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Dinosaur trail aims to get our kids walking

Walking around the borough is set to become more exciting during May as children and families follow the Dinosaur Discovery Trail and search for dinosaurs hidden at a variety of locations. Dinosaur characters to look out for include a cycle-mad velociraptor, a speeding tyrannosaurus and a plodding diplodocus.

People who find all 31 dinosaurs are in with a chance of winning a scooter, and those that find at least five dinosaurs have a chance of winning a goodie bag.

The fun initiative aimed at encouraging residents, young and old, to feel healthier and happier by walking, takes place during National Walking Month, a nationwide campaign running throughout May.

It also includes Walk to School Week, which takes place next week.

The campaign is organised by the charity Living Streets, which estimates that currently less than half of schoolchildren make the journey to school on foot.

In addition to searching for dinosaurs, families can also take part in a series of free marshal-led cycle rides around the borough on the next three Saturdays and the last Wednesday in May.

For more information on the dinosaur trail and details of the bike rides go to www.rbkc.gov.uk/dinosaurdiscoverytrail.

Make borough more inclusive

Can you help make Hammersmith and Fulham a more inclusive borough? If you're disabled, the council wants to hear from you.

You're invited to share your experiences at a public event organised by the Hammersmith and Fulham Disabled People's Commission.

"We want to improve the support and opportunities for disabled people in our borough and we need to hear from you to help us do that," said Tara Flood, chairwoman of the Disabled People's Commission.

"Our work will show Hammersmith and Fulham council the changes we think need to be made to put disabled people at the heart of their future plans."

The event will be held at St Paul's Centre in Queen Caroline Street, Hammersmith. It will run from 2pm to 4.15pm on Saturday, April 29.

Book a place by calling Kevin Caulfield on 07584 655 244 or 020 8753 4569. You can also email him at kevin.caufield@lbfh.gov.uk.

There will be sign language and speech-to-text interpreters at the event but please let the organisers know if you any other needs, such as help with access.

"We want to support and help disabled residents overcome any barriers they may face in everyday life," said Cllr Sue Fennimore, Hammersmith and Fulham's cabinet member for social inclusion.

"With your help, we and the commission can improve the opportunities for all people living with disabilities in Hammersmith and Fulham, so please do get involved."

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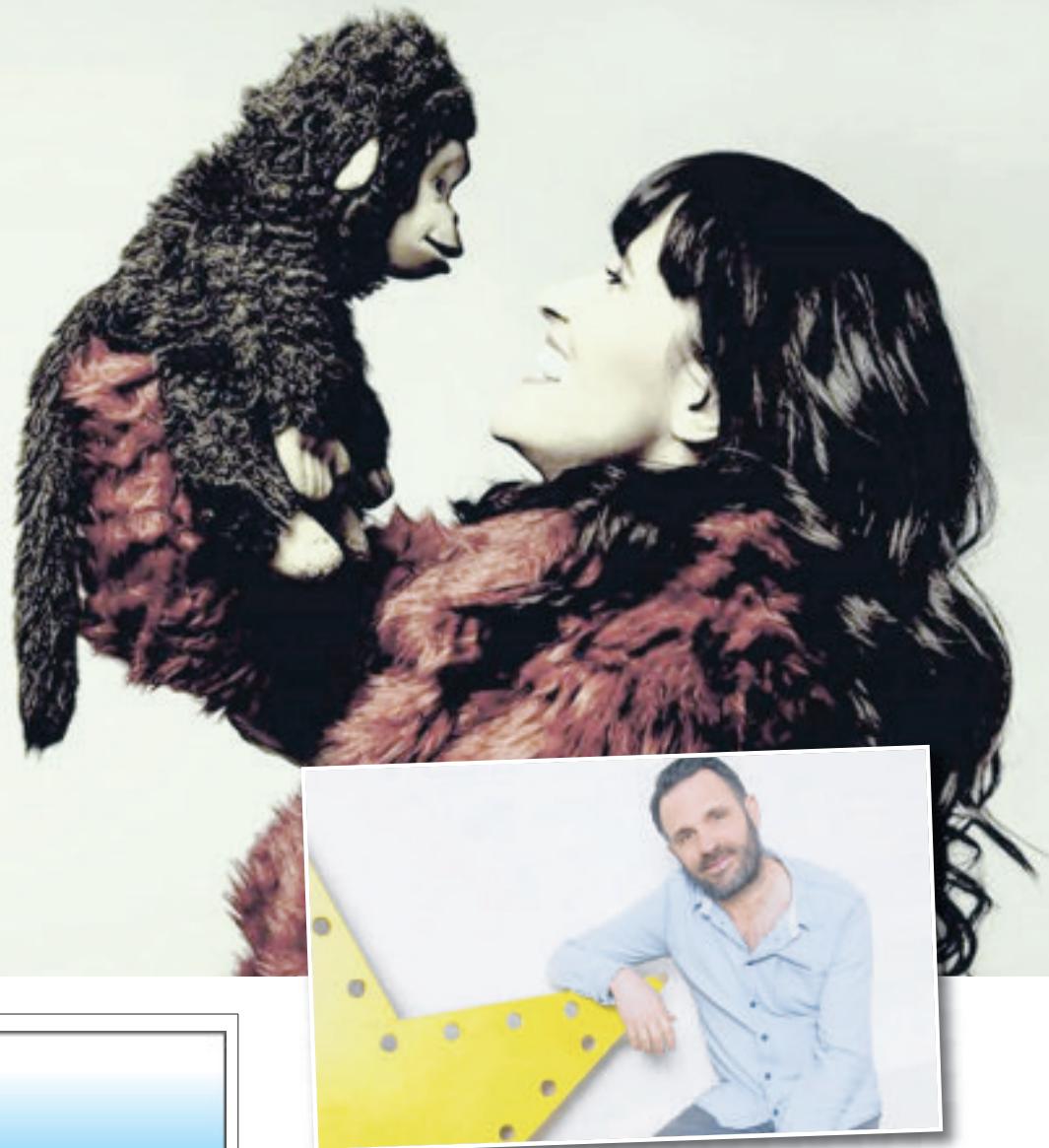
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Nina Conti, main picture, and Shaun Keaveny will star at the comedy festival

Get ready for lots of laughs at Shepherd's Bush comedy festival

BY TOBY PORTER
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Hammersmith & Fulham council – in partnership with the Bush Theatre and PBJ Management – is launching a new summer comedy festival in Shepherd's Bush.

The weekend festival, which runs from June 1-4, will see some of comedy's top names appear at the newly-renovated Bush Theatre. The event will also feature free comedy workshops and performances for children and families.

"We want the comedy festival to be a real laugh," says Jo Rowlands, director of planning, regeneration and housing for H&F council.

"But more importantly it will showcase the borough's leading role in London's arts and culture scene, as well as the fantastic venues – such as

the Bush Theatre – which are so important to the community and our efforts."

The four-day festival of comedy will see fresh and exciting new work, award-winning comedians, music and workshops in the Uxbridge Road theatre and will feature some of the hottest and most surprising comedians in the UK.

The line-up includes comedians Nina Conti, Shaun Keaveny, Tim Key, Joseph Morpurgo, Geins Family Giftshop, Sunday Assembly, Bring Your Own Baby, Tom Allen, Spencer Jones and Standard Guilty Feminist.

"The Bush Theatre is delighted to be supporting the borough's first comedy festival," says Jon Gilchrist, executive director of the Bush Theatre.

"We're excited to continue our mission of supporting

new writing in all its forms. We also hope the festival will encourage Shepherds Bush residents who haven't visited the theatre before to try it for the first time."

In mid-March the Bush Theatre burst into life again with a full programme in the main 180-seat theatre and a new-look studio.

The year-long revamp was made possible by £1m of funding from Hammersmith and Fulham council – as well as £2.5m from Arts Council England and donations from generous individuals, trusts and foundations.

The summer comedy festival is also supported by Shepherd's Bush Housing Group, Westfield, Dorsett Hotel and U+I PLC.

For more details, times and tickets, visit: www.bushtheatre.co.uk or call 020 8743 5050.



Midwives get ready for three peaks challenge

From Left, walkers Stefania Stossich, Lara Wells, Heather Liggins, Sydney Huggins and Alison Brown are taking on the three peaks challenge

West London one of busiest areas for air ambulance staff

BY TOBY PORTER
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A new report by an air ambulance charity highlights which residents are most likely to need emergency help.

London's air ambulance's 2016 statistics show that while West London was one of the busiest areas for accidents, residents in Kensington and Chelsea and Hammersmith and Fulham were half as likely to need emergency support than neighbours in Westminster.

The charity provides 24-hour emergency services to critically injured people across the capital.

It treated 40 patients in Kensington and Chelsea and 41 in Hammersmith and Fulham last year.

Westminster was the 2016 borough with most accidents with 123 patients needing emergency care.

The report includes a breakdown that shows the most common type of accidents were road and traffic collisions which amount to 33 per cent of the incidents and 606 patients.

Stabbings and shootings



London's air ambulance

were the second biggest cause and the charity treated 500 people for these injuries in 2016.

Jonathan Jenkins, CEO of the London's Air Ambulance charity, said: "The charity is here to serve everyone in London at all times.

"Trauma is the biggest killer of people under the age of 45, including children, and can sadly happen to anyone, anywhere."

"By releasing these statistics we are hoping to raise awareness of the vital work that we do to treat the critically injured, and increase

awareness that we are a charity. With two helicopters to maintain, and the extension of our daylight flying hours in the summer months, the cost of providing our service to London has increased to £8.7 million each year.

"Donations are needed now more than ever and I am urging people to please continue to support the charity."

"Your help - whether that's donating, volunteering, taking part in an event or asking the organisation you work for to support us - really does make a difference."

A team of midwives will push themselves to the limit as they scale three of Britain's highest peaks - all to raise vital cash for Imperial Health Charity.

The group of 16 hospital staff are set to take on the gruelling Yorkshire Three Peaks Challenge in a bid to help the charity fund improvements to the maternity department at St Mary's Hospital in Paddington.

The walkers, some of whom gave birth to their own children at St Mary's, will trek 26 miles and climb to heights of more than 700m during the punishing endurance test.

Most of the money they raise will be put towards the hospital's maternity department, with a portion going to the charity's Birth Centre Appeal.

For Alison Brown, a St Mary's midwife and Labour ward coordinator, it will be the third time she has attempted the challenge.

"I've done the Three Peaks twice before - and the last time I thought 'never again,'" she said.

"But one of our support workers was really inspired by the charity's Walk for Wards event last year and it got everybody going."

"We wanted to do something as a team to bring us all together. There are lots of different characters in our department and this is helping us to get to know each other better on a personal level."

St Mary's midwives make up the bulk of the team, with two doctors and other walkers from the department's education and management staff also signing up.

Members of the hospital's Birth Centre and Labour Ward teams are also putting their best foot forward to support the cause.

The challenge will take place over an exhausting 12 hours on May 20 in which the team will scale the Pen-y-ghent, Whernside, and Ingleborough peaks - all part of the Pennine range

that spans the Yorkshire Dales National Park.

Over the course of the marathon distance, the walkers will complete a total ascent of around 5,200ft - more than 1,500m.

Each member of the team is coughing up £150 of their own money to cover travel and accommodation costs, so that every penny raised can be put back into the hospital.

And in the spirit of teamwork, they have promised to tackle the course in groups no smaller than three people - to make sure no one crosses the finish line alone.

Alison, who is organising the fundraiser, said the team were all hugely passionate about the maternity ward and determined to rise to the challenge.

But she is wary of the daunting test the walkers will face on their journey after coming into trouble herself when she took a trip to the peaks on a family holiday.

"We were only trying to tackle one peak a day but we ended up being caught out by the rain - it was something else," she added.

"Then my husband's mobile phone broke and we were left with only a compass and a map."

"Being in that situation really does take you beyond the edge. When I did it before I was in a t-shirt and shorts at the start, but by the time I reached the top it was ski gear. It can be really challenging conditions up there and we will be up against the elements."

The team hopes to raise upwards of £1,000 from the walk - a sum that would more than double the fund set up by staff in the department last year.

If you would like to support Alison and the team, you can donate at www.justgiving.com/fundraising/Alison-Brown59.

Imperial College London

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White City Campus: South site

Imperial College London, a university focused on science, medicine, engineering and business, is building a new research and innovation campus in White City.

There is a great deal already happening on the part of the campus north of the Westway (A40) and we would now like to share our proposals with you for the southern part of the site - the area between the Westway and Depot Road, formerly occupied by the Unigate Dairy - and invite your input.

Public exhibitions:

Friday 12 May 2017 (12:00 – 17:00) – The Harrow Club, 187 Freston Road, London W10 6TH

Saturday 13 May 2017 (14:30 – 18:00) – St Helen's Church, St Helen's Gardens, North Kensington, London W10 6LP

Thursday 18 May 2017 (11:00 – 16:00) – Wood Lane Community Centre, 78 White City Close, London W12 7DZ

Friday 19 May 2017 (15:00 – 20:00) – White City Community Centre, India Way, London W12 7QT

Saturday 20 May 2017 (10:00 – 15:00) – Brickfields Hall, Wood Lane Studios, Shinfield Street, London W12 0HN

Please come along to our public exhibitions to find out more about our proposals, meet the team and have your say.

Contact Us:

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points of view

in my view



Denise Beedell
Greater London
Federation of Small
Businesses

With the general election dominating the headlines at the moment it is easy to forget the everyday battles going on in your local high street. These battles are fought daily by many small businesses across the capital just to stay afloat.

As the cost of doing business in the capital continues to rise, many small business owners are questioning whether it's actually worth their trouble.

One of the biggest headaches at the moment is business rates. The average micro business in London is having to find thousands of pounds a month extra to cover swingeing increases in business rates as the revaluation takes effect this month.

When the full situation was revealed a few weeks ago, we saw a massive increase in the number of calls from FSB members from every part of the capital. The calls we were receiving were often angry, sometimes heart-breaking. Some long-established family businesses were facing the very real prospect of losing everything.

This is why the FSB has been lobbying the

Government to understand the plight of small and micro businesses, especially in the capital. We gathered evidence, wrote to MPs and local councillors, made comments to the media and put together some practical guidance to help those businesses facing significant financial hardship.

Our lobbying has paid off and helped a lot of businesses across the UK, but much of the support hasn't gone far enough for many in London. The £300million hardship fund set up to help those businesses most badly affected is welcome, but even though the capital will get the lion's share it simply isn't enough.

Wandsworth, Merton, Greenwich, Lewisham, Southwark and Lambeth are expected to receive around £19m from the £300m government fund – however, the average rateable value for businesses within these six boroughs averages out at a 25 per cent increase – so the concern is that the funding will just not stretch very far.

The new £12,000 small business rates relief threshold works well for many parts of the country, but in London, very few businesses are eligible. If it is to remain a truly unique and wonderful place to live, work and visit, we must protect our smallest businesses. They are what make London special. They provide the glue that holds our communities together, the jobs and the creative spark.

Too many independent businesses have already left central London. Without them, our beloved capital could simply become another clone town, with the same big chains on every high street.

If you want your local area to thrive, then make sure you spend some of your hard-earned cash in your small shops, and with local tradesmen and suppliers. And if would-be politicians come canvassing for your vote on June 8, ask them what they will be doing to support the small businesses if elected.

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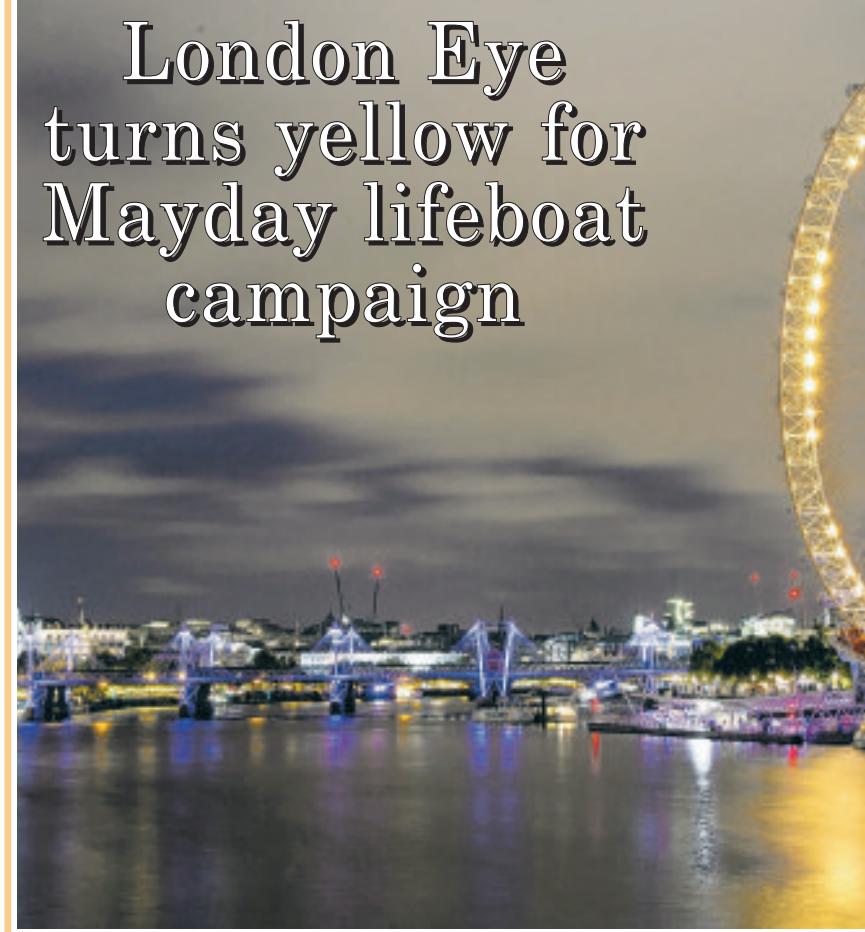
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London Eye turns yellow for Mayday lifeboat campaign



Join us in promoting world peace

It does not matter which religion, ethnicity or background one comes from, there is one desire that continues to reside in one's heart.

That yearning is to see a world full of peace, harmony and unity.

People from all walks of life, backgrounds, ethnicities and faiths need to join hands together, to achieve this noble goal. Let's sit together under one roof and share a meal together. We have much more in common than what divides us. Let's highlight those commonalities. Let's break the ice and set the stage for much bigger things to come for the common good of all.

It is with this very objective in mind that Ahmadiyya Muslim Community, under the leadership of its Worldwide Head and Caliph, His Holiness Hazrat Mirza Masroor Ahmad, organises various events and gatherings to unite Muslims and non-Muslims together.

The events aim to bring communities together with

the spirit of co-operation and working for the betterment of our societies.

As part of its on-going campaign of uniting all, a large interfaith event in Kensington Conference Centre today is being organised by the Ahmadiyya Muslim Community UK. Topic of discussion is *Religion: The Cause of Unity or Division?*

Speakers from various faiths and backgrounds will be talking on the topic from their respective perspectives.

Confirmed speakers include Karen Armstrong, Ibrahim Ikhlaq, Baba Harjit Singh and Dr Thomas Schirrmacher.

Attendees of the conference will have the chance to ask questions at the end of their speeches. No gathering is complete without a delicious meal and this event will be no different.

At a time of ever increasing conflict in the world, we have to emphasise the principle that all forms of evil and cruelty should be suppressed and all forms of goodness and humanity be endorsed.

In this way, evil will not spread far, whilst virtue and peace will be spread far and wide to adorn our society.

Let's all, through this cam-

aign of peace, unite together in creating peace and prosperity in the society for everyone.

Please visit www.true-islam.uk to register for the event. Entry is free through invite. You can contact me by email on bilalmahmood@true-islam.uk, if interested to attend this event.

Bilal Mahmood
Deputy director,
Outreach
Ahmadiyya Muslim Youth

Let's break down taboos over cancer

A few weeks ago I turned 57, placing me firmly in two risk categories for prostate cancer.

I've recently started working with Prostate Cancer UK and I've come to learn that as a black man over 50, my risk of the disease is double that of a white man the same age.

One in four black men will be diagnosed with prostate cancer in their lifetime compared one in eight white men.

But despite the shocking odds, I find it more concern-

your letters



A London icon turned yellow to launch a "mayday" for the crews who saved the lives of 32 from the River Thames in the past year.

The London Eye was lit up in bright yellow on Bank Holiday Monday to support the Royal National Lifeboat Institution (RNLI) fundraiser to buy the volunteer crew members' distinctive uniform of the same colour. People are being urged to back the charity's Mayday campaign. Do your bit, fund our kit to help buy the distinctive yellow wellies, life jackets and helmets.

The giant Ferris wheel created a yellow reflection on the River Thames where the charity operates its three stations to serve the waterway at Tower, Chiswick and Teddington.

Although best known for saving lives at sea, the charity's busiest base is the Tower Lifeboat Station at Victoria Embankment where last year it made 512 launches.

Cub Llewelyn-Davies, RNLI's community fundraising manager for London, said: "Our lifeboat crews in London launched 758 times, rescuing 195 people and saving 32 lives last year. Londoners might be surprised to learn that the RNLI's busiest station is Tower Lifeboat Station based next to Waterloo Bridge and a stone's throw from the London Eye.

right here in the middle of London. Our crews rely on lifesaving kit, like their yellow wellies, life jackets and helmets, when they go out in all weathers to save lives.

"From sponsored bike rides and welly walks, to running a bake sale, there are all sorts of ways to raise money for the RNLI this Mayday."

The RNLI's Mayday campaign runs for the whole of May and aims to raise £750,000 to pay for the kit including the yellow wellies which cost £54 a pair, the life-jackets which costs £458 and helmets which have a price tag of £263.

Sunny Jouhal, the general manager of the London Eye, said: "We are delighted to support this year's Mayday campaign by turning the Coca-Cola London Eye yellow.

"Helping to raise awareness and funds for the RNLI's crucial kit is a worthy cause, and one that is particularly appropriate for us given our location on the bank of the River Thames in the heart of the capital."

The RNLI is ready to come to the rescue around the clock, 365 days a year and has 4,800 volunteer crew members on standby to serve from 238 lifeboat stations across the UK and Ireland.

Visit RNLI.org/Mayday to download a fundraising pack to support the campaign.

Grab a slice of London's history

On Wednesday, May 31, the UK Parliament will take part in the first ever London History Day, with a series of events on the theme *1,000 years of history...where history is still being written*.

Visitors will have the chance to attend a free talk about the Elizabeth Tower by one of the clockmakers. Families visiting with children can take one of the London History-themed family tours around Parliament.

A wider audience can have a behind the scenes look at rarely seen London-themed objects in Parliament's Heritage Collections on social media throughout the day.

Objects which will be highlighted include the Ceremonial Silver Trowel used to lay the first stone of the Elizabeth Tower, and photographs of the damage caused by air raids on the Houses of Parliament during the Blitz.

Amy Pitts, head of visitor services and retail at UK Parliament, said: "We are delighted to be participating in London History



Parliament takes part in London history day this month

Day on May 31, especially as history is very much being written on this date during the pre-election period.

"Parliament will be open to visitors on May 31, as it is on most dates throughout the year, with special events as well as our usual tour programme – but you don't need to be in London to be part of our events, follow @UKParliament and @UKParlArchives, where we will be sharing interesting objectives from our archives throughout the day.

Duncan Wilson, chief

executive of Historic England, said: "It's wonderful to see so many of London's extraordinary museums, galleries and cultural organisations taking part in the first London History Day, and celebrating the people, places and objects that make London special.

"An awareness of our city's special character keeps us strong in times of change, and throughout this day we are encouraging people to look afresh at the stories and places that help define our city's diverse and rich heritage."



Linford Christie Picture: PA

Knife crime focus turns to schools

Schools and habitual knife carriers will be the focus during Phase Eight of Operation Sceptre, the Metropolitan Police Service's latest crackdown on knife crime.

Understand your risk of prostate cancer and act on it.

This week will see dedicated Safer Schools Officers working directly with young people as a way of diverting them from knife crime. Officers will also be carrying out intense weapon sweeps and intelligence-led policing

operations to confiscate knives and tackle those wanted in connection with knife-related offences and violent crime.

The Met continues to receive strong support from communities across London who want to work together to end these crimes. Although this work goes on all year round, Operation Sceptre gives complete focus to knife crime, especially as it is expected to see a seasonal rise in the summer months.

Over 900 activities are planned in London to highlight the dangers and the potentially devastating consequences of carrying a knife. In the last 12 months, officers have been delivering educational packages and have so far reached more than 14,000 young people in the capital. The packages aim to make youngsters think about the decision they make and the possible consequences of their action, as well as diverting them away from joining gangs which could ultimately result in a life of crime.

Detective Chief Superintendent Michael Gallagher, the Met's Silver lead for knife crime, said: "This operation carries a positive and powerful message: this is about all of us addressing a problem that often has

tragic consequences.

This behaviour is damaging our communities; there is no excuse, people are better than this and our communities are better than this.

"I would urge anyone who is concerned for someone involved in knife crime, to visit our website at www.met.police.uk/StopKnifeCrime.

Across London there are number of excellent diversionary programmes that are bespoke to the needs of Londoners. This is clearly a safeguarding issue for the people who do, and would, carry knives and victims of knife crime.

"A collaborative and cohe-

sive approach between statutory agencies, non-governmental organisations and communities is the only solution to achieving a long term reduction in this type of offence, underpinned by a strong academic evidence base and effective police enforcement."

For a map showing knife bins locations see www.met.police.uk/StopKnifeCrime. If you have information about anyone carrying or using knives please contact your local police via 101 or call Crimestoppers anonymously on 0800 555 111.

The Metropolitan Police



For news on Sceptre Eight activities, follow borough police Twitter feeds, @metpoliceuk and #stopknifecrime

ing that just saying the word 'prostate' within many black communities remains such a massive taboo subject.

The disease is simply not spoken about, and if it is, it's in a 'hush hush, don't tell anyone' type of way.

How can it be that something that affects so many black fathers, uncles, sons, and friends is continually swept under the carpet and ignored?

My physical and mental health has always been important to me. When I was in the prime of my career, it was the most important thing. However, as I've grown older I've come to realise that no matter how

well I eat, or how fit I am, I am not indestructible – nobody is.

But there are defence measures I can take and arming myself with knowledge is by far the most important.

That's why I'm supporting Prostate Cancer UK's Stronger Knowing More campaign and I'm urging black readers to do the same.

Understand your risk of prostate cancer and act on it.

This challenge is a marathon, not a sprint, and if we're going to beat it, the whole black community needs to start breaking down the taboos and start talking.

Linford Christie

Kids helping win food waste war

Campaigning kids from Hammersmith and Fulham are leading the charge in the war to reduce food waste.

Four hundred youngsters aged from five to 12 from Old Oak Primary School & Community Centre in East Acton, pictured, are selling surplus food from supermarkets to local residents and in the school playground.

The enterprise, called Bubble & Squeak, focuses on promoting healthy eating by collecting leftover fruit and vegetables from supermarkets and local businesses and selling it on on a pay-as-you-feel basis.

"Our project is important because it teaches us that it is bad to throw away food that is good to eat," said nine-year-old Adam Jusko, of Bubble & Squeak.

"We sometimes throw things away which have small marks. This isn't good. This project helps me to think about my future."

Bubble & Squeak works with other local initiatives



such as City Harvest and Plan Z Heroes who redistribute surplus food collected from supermarkets, markets and other outlets.

The project launched a crowdfunding campaign on April 24 to raise £4,500 to buy a specialist shipping container to store all the food – something which has been a major hurdle for the youngsters so far.

The forward-thinking young entrepreneurs hope their scheme will get the local community all thinking about what food they're throwing

away, often unnecessarily.

Helping the children are adult co-ordinators Lydia Ganda and Elly Harrington.

"The children live in a very diverse area in West London and are in the top 10 per cent of deprivation in the capital," said Lydia.

"They are a driving force, are passionate and really understanding the impact their work will have on the immediate world around them, and they instinctively get the concept of the sharing economy and want to be responsible for their future."



Sir Emery Walker's home, the nation's most perfectly preserved Arts & Crafts house, has reopened after restoration. Inset, Sir Emery

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Kensington & Chelsea NEWS

pick up points

Kensington Central Library	Philimore Walk	Kensington	W8 7RX
Notting Hill Gate Library	1 Pembridge Square	Notting Hill	W2 4EW
Kensal Library	20 Golborne Road		W10 5PF
North Kensington Library	108 Ladbroke Grove	Kensington	W11 1PZ
Brompton Library	210 Old Brompton Road	London	SW5 0BS
The Tabernacle, Notting Hill	35 Powis Square	Notting Hill	W11 2AY
Chelsea Library	Chelsea Old Town Hall	Chelsea	SW3 5EZ
Chelsea Sports Centre	Chelsea Manor Street	Chelsea	SW3 5PL
Portobello Rd Market Office	72 Tavistock Road		W11 1AN
Tesco Metro	114-120 Notting Hill Gate	Notting Hill	W11 3QE
Sainsbury's Store	Ladbroke Grove		W10 5AA
Tesco Metro	224-226 Portobello Road	Notting Hill	W11 1LJ
Co-op Store	210-212 Earls Court Road	Kensington	SW5 9QB

Fulham Chronicle

pick up points

Fulham Library	598 Fulham Road		SW6 5NX
Avonmore Lib. & Neighbourhood Ctr	North End Crescent		W14 8TG
Fulham Good Neighbours	70 Rosalind Road		SW6 7QT

Hammersmith CHRONICLE

pick up points

The Grove Neighbourhood Centre	7 Bradmore Park Road	Hammersmith	W6 0DT
Hammersmith Library	Shepherd's Bush Road		W6 7AT

Shepherd's Bush CHRONICLE

pick up points

Westfield Library	6 Wood Lane		W12 7BF
Askev Road Library	87-91 Askev Road		W12 9AS

Sir Emery's house reopens

After an 18-month restoration, the nation's most perfectly preserved Arts & Crafts house has reopened – to great enthusiasm.

Sir Emery Walker's home at 7 Hammersmith Terrace now has a new roof to ensure that items including William Morris's library chair can be seen by future generations.

More than £1million has been spent restoring the house, where the typographer and close friend of Morris lived from 1903 to 1933.

The cost of the restoration work has been met by the Heritage Lottery Fund via the Arts & Crafts Hammersmith project, working with the William Morris Society.

The building reopened on Thursday, April 20 with a Morris patterned ribbon being cut. Groups of visitors began making their way round the beautiful interiors.

One of the first through the door, Jill Rathbone, of Fulham, was pleased to find that the restoration had not altered any of the original features. "I really enjoyed the fact that it was a home and that someone lived in it; it looks like time has stood still, and I'm glad that it has not undergone a makeover," she said.

Around 6,000 individual items were removed to be catalogued and conserved while the restoration crew

were at work.

Everything is now back in place, just as it looked at the time of Sir Emery's death.

The building is not just a superb example of Arts & Crafts styling, but is also an in-situ exhibition space for William Morris wallpaper, textiles and embroidery.

Pristine items include Morris's library chair (dating from the 1600s), a stylised portrait of May Morris by Edward Burne-Jones, and ceramics by William de Morgan.

But there are also quirker items, including a mould of Philip Webb's ears, and a lock of Morris's hair, snipped on his deathbed.

The building is rich in history as it was where leading members of the Arts & Craft movement gathered.

Guided tours of Emery Walker's House at 7 Hammersmith Terrace are held three times a day (11am, 1pm and 3pm) on Thursdays and Saturdays, with numbers limited to eight per tour, so prebooking via the website is essential.

● Book online at www.artsandcraftshammer-smith.org.uk/events. For more details, www.emerywalker.org.uk carries full information about the building, its inhabitants and history.

New sexual health services open

A range of new sexual and reproductive health services have opened to Hammersmith & Fulham residents this spring.

Among the available suite of services are complementary therapies, peer support, education and employment opportunities and counselling and aims to reach those not currently using the service.

There will also be screening for sexually transmitted infections (STIs) and access to a wide range of contraceptive methods.

The new service is delivered by joint working from Metro, Naz, Marie Stopes and London Friend, led by Turning Point.

Residents using the service will receive tailored support with options including peer support, group work, support for family and carers and complementary therapies.

The new service will have close links with HIV treatment services and offer additional education and employment support.

Counselling, complementary therapies and more will be available at 30 Blacks Road, Hammersmith, W6 9DT.



Contraceptive services and screening for sexually transmitted infections will be available from June 1

To get in touch, call 020 7851 2955, or visit the website.

Contraceptive services and screening for sexually transmitted infections will be available from June 1 at Crowther Market, North End Road, Fulham.

● For more information and alternative locations, email sexual-health.cnwl@nhs.net, phone 020 7685 5939, or visit the website.

Can you help foodbank?

Hammersmith & Fulham foodbank is working harder than ever after an almost 40 per cent increase in the number of local people in need.

More than 6,040 packages containing food and other essentials were handed out between March last year and this April – up on 4,400 the previous year.

The charity, which receives funding from Hammersmith and Fulham council, provides packages which last for three days at a time. Among those in need, 1,750 children relied on the packages, not included those fed during the charity's school holiday clubs..

Hammersmith and Fulham residents have risen to the challenge – 46 tonnes of food were donated and more than 100 people volunteered during the last financial year. Local schools, businesses, and faith groups have also provided vital support.

But more support is needed, as these latest figures show.

"It is deeply concerning that we are still seeing an increase in the number of three-day emergency food supplies provided to local people in crisis," said Daphine Aikens, chief executive of Hammersmith and Fulham Foodbank.

"Anybody could find themselves in need of a foodbank. Every week people are referred to us after being hit by something unavoidable – such as illness, a delay in benefit

payment or an unexpected bill – which means food is simply unaffordable.

"It really is only with the community's support that we're able to provide vital emergency help.

"Thank you so much to everyone who already donates time, food and money to help local people.

"If you're not already involved, we'd love to hear from you."

You can help in a range of ways by:

- Donating food and other essentials such as washing powder, nappies and sanitary towels.
- Donating money to help the charity meet costs such as hiring warehouse space, sorting donations, running a delivery van and paying bills.
- Volunteering for a range of roles such as sorting stock, issuing vouchers, helping out at the foodbank centre and helping run the charity's website.
- Backing the charity with your business – including sponsoring or donating equipment, helping out as a team building day and sharing your skills.
- The rise in the need for foodbanks is a national trend as the latest figures from the Trussell Trust show. Visit Hammersmith and Fulham Foodbank's website to find out more about their work and the food and essentials they are most in need of.



Daphine Aikens, Chief Executive of H&F Foodbank



Don't miss out on your vote

With only weeks to go until the General Election it's time to make sure you are registered.

The General Election has been called for June 8 after Parliament approved the Prime Minister's request.

That means that if you are not currently registered or recently moved into the borough, it's extremely important that you register now. If you are unsure if you are registered, call us on 020 8753 4466.

The easiest way to register is online at www.gov.uk/register-to-vote. It only takes a couple of minutes.

"Anyone not yet registered to vote should do so as soon as possible to make sure they can have their say on issues that affect their lives," said Kim Dero, Returning Officer for Hammersmith & Fulham.

Registering now will save the council money to spend on key services and ensure you can vote in the general election.

Changes to the registration process means that it might take a few days for your application to be checked – so don't delay.

- Register today at www.gov.uk/register-to-vote. For more details, visit www.gov.uk/yourvotematters or the council's website.



Hammersmith and Fulham's Street Czar, Andy Stocker

Figures show council's streets are getting cleaner by the year

The cleanliness of Hammersmith and Fulham's streets continues to get better after the latest figures revealed a year-on-year improvement.

The figures, provided by independent auditors WYG, showed that litter levels on sampled streets were significantly lower than the same time last year.

The latest litter score showed just 2.8 per cent of the borough's streets failed to meet the required standards, versus 5.4 per cent last year.

Detritus levels dropped from 3.4 per cent to 1.8 per cent.

"We welcome these encouraging figures, this is great news for resi-

dents," said Sue Harris, the council's director for cleaner, greener and cultural services.

"However we know there's still lots to be done and we'll continue to work hard to improve the service for, and with residents, to keep our streets looking spotless."

He said: "Seeing how residents are as passionate as we are about keeping our streets spotless has been brilliant.

"I've already worked alongside many of them to resolve issues in their local areas and these figures show we're moving in the right direction, but there's still lots more work to do."

- If you spot an environmental mess, anything from dog foul to dumped rubbish, you can report it via our website.

Hammersmith and Fulham coun-

cil appointed Andy Stocker as a new Street Czar earlier this year to work alongside residents and help with any litter and waste issues.

He said: "Seeing how residents are as passionate as we are about keeping our streets spotless has been brilliant.

"I've already worked alongside many of them to resolve issues in their local areas and these figures show we're moving in the right direction, but there's still lots more work to do."

- If you spot an environmental mess, anything from dog foul to dumped rubbish, you can report it via our website.

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BRO



The Migration Museum in The Workshop, a temporary arts and community space just off Albert Embankment, opened last week. Left, Mo Farah and below, Rita Ora, two of the UK's biggest immigrant stars of today

Picture: PA

Museum shows how Britain was shaped by its migrants

BY TOBY PORTER

toby.porter@slp.co.uk

The Mini, the Muppets, Mo Farah, Marxism and the Messiah – the oratorio, not the saviour of the world.

These are all things which would not be part of British life without immigrants to London. So it's hard to imagine how different life would be without any of them.

That's one of the reasons for the creation of the Migration Museum in The Workshop, a temporary arts and community space just off Albert Embankment, which opened last week.

The museum shows how our history has been shaped by people coming to live here from overseas.

It will stage exhibitions and events telling stories of movement to and from Britain – its touring shows have already been seen by more than 100,000 people.

Among the items on display are life jackets given to desperate refugees from the Middle East. They are porous and instead of saving the wearer if their boat sinks, it will drag them under the surface of the sea to their deaths.

The museum was the brain-child of immigration minister Barbara Roche, in the year 2000. It was taken up by Robert

Winder – former literary editor of the Independent and author of *Bloody Foreigners: The Story of Immigration to Britain* – and then by Sophie Henderson, who has since become the museum's director.

But it wasn't until three years ago that it received enough funding, after staging events, exhibitions and school workshops, from a string of supportive trusts and foundations plus individuals and the Arts Council of Great Britain.

And this is the most permanent location it has yet found – it will be there for another year.

"It is a majestic space in an interesting area which is very central," said Henderson. "We hope this is the beginning of a permanent presence in London. It is an important enough story to merit that.

"It is a look behind the headlines and the soundbites, to the humanity in everyone who is affected. We want to reflect a broad range of opinions, rather than the crude representations we tend to get from politicians and the media. We want it to be a calm cultural space which is interesting, provocative, illuminating and relevant about this long-standing story.

"We want to encourage more reasoned conversations about the issue to take place

outside the heat of the public debate and provide a historical context with some balance and information.

"It has been eye-opening putting on the exhibitions, because there are so many new stories to be told. Lambeth itself has a fantastic history of people moving in – from the Norman king who commissioned Lambeth Palace.

"Everyone has an immigration story, if they dig back far enough – and if it is not immigration, it is emigrants leaving Britain.

"The way attitudes are changing so rapidly these days, as people struggle to know what they feel about it, underlines why we need a migration museum more than ever.

"Our audio display includes contributions from Nigel Farage and a lorry driver who found it hard to return to Britain because of tear gas at the port.

"Schools welcome debates on controversial topics and children want to talk about them.

"The history curriculum was revised two years ago and now focuses more on chronology and two boards have modules on migration, so that ties in with what we are doing."

Some of the shows at the museum include:

● Germans in Britain covers everyone from the Anglo-Saxons, to the Hanoverians, to the Queen's family, the House of Saxe-Coburg and Gotha

● One Hundred Images of Migration, a display of pictures which changes regularly

● 100 images of migration, a collection of images by professional and amateur photographers about what immigration means to them

● Call Me by My Name: Stories from Calais and Beyond is a multimedia exhibition exploring the complexity and human stories behind the current migration crisis, especially centred on the now-demolished Calais camp, the Jungle.

● Keepsakes, a display of personal items that tell stories about the importance of objects brought from a migrant's homeland to help with the transition, and handed down through the generations.

● In the autumn, an exhibition looks at key migration moments throughout British history – No Turning Back: Seven Migration Moments that Changed Britain.

The Migration Museum will also host theatre performances, panel discussions, food pop-ups, lectures and workshops on migration themes for school, college and university students.



Roll out the red carpet

- Rita Ora – singer. Came to UK from Kosovo in 1991.
- Mo Farah, 32, was born in Somalia and moved to Britain at the age of eight. He won two gold medals for his adopted country in the 5,000 and 10,000 metre races in the 2012 Olympics.
- Sir Alec Issigonis (1906–1988), the designer of the Mini and the Morris Minor, was born into the Greek community in Turkey. He moved to the UK in 1923 and studied engineering at Battersea Polytechnic in London.
- Ben Elton – comedian, author and grandson of a Czechoslovakian refugee.

- M.I.A. – English-born singer. Part of a Tamil Sri Lankan refugee family
- Rachel Weisz – actress. Both her parents are Jewish refugees
- Omari Djallili – comedian and actor. He and his family are Iranian refugees
- Joseph Conrad – author of *Heart of Darkness* and a refugee.
- Hans Holbein – Henry VIII's court painter and the first genuine genius of British art, who was born and later returned to Switzerland
- Handel – German composer of the Messiah

Welcome

- Duke of Edinburgh – aka Phil the Greek
- George I – the Elector of Hanover, in Germany, he hardly spoke a word of English
- Margaret Hodge – Former British MP and Minister for Children. Her parents were refugees from Germany
- Karl Popper – Austrian-Jewish philosopher; fled from Nazism to London
- Ed Miliband – Leader of the Labour Party. Son of a Belgian Jewish refugee
- Henry James – American novelist
- Sigmund Freud – the father of psychoanalysis, fled Germany in 1938
- TS Eliot – American poet who settled in London in 1914

- Zaha Hadid, architect of the Aquatic Centre at the 2012 London Olympics, she was born in Baghdad, Iraq, in 1950 and moved to London to study
- Jung Chang's frank family memoir about life in China, *Wild Swans*, has sold more than 13 million copies around the world, but is banned there. The 63-year-old writer has lived in Britain since 1978
- Kazuo Ishiguro's 1989 novel about an English butler, *The Remains of the Day*, won the Booker Prize
- Television presenter Ulrika Jonsson was born in Sweden in 1967
- Lucien Freud – British painter, was a German-Jewish refugee

All right, then

- Media mogul Sir Lew Grade was born Lew Winogradsky into a poor Jewish family in Ukraine in 1906. They fled to escape the pogroms in 1912 and ended up living in the East End of London. He brought the Muppets, *The Prisoner*, *The Saint* and *The Avengers* to British TV, as well as *Crossroads* and *Raise the Titanic*.

Unwelcome

- Karl Marx
- Robert Maxwell, born Jan Ludvik Hoch in Czechoslovakia
- William the Conqueror – the clue's in the name

College turns around from special measures to good in just 18 months

BY TOBY PORTER
toby.porter@slp.co.uk

One of the largest further education colleges in England has seen a spectacular turnaround in its performance – and that's official.

Ealing Hammersmith and West London College has been awarded a good rating from Ofsted less than 18 months after it was put into special measures after being rated as inadequate.

Since 2014, there has been a 17.3 per cent increase in students' English and maths achievement, and a 12 per cent rise in achievement across all subjects.

Ofsted said its leaders had successfully reversed the decline in standards, and that the college's chief executive officer had been "instrumental in driving the substantial improvements in the quality of the provision and in the college's finances".

He had also helped ensure a "secure and sustainable future for the college."

The report said: "Teachers have high expectations of their learners. Learners working towards vocational qualifications know what grades they are expected to achieve, make good

progress and are enthusiastic about achieving their qualifications.

"Teachers ensure that learners benefit from purposeful work-related learning, including work experience in a range of relevant employment sectors. Work experience is well planned and organised, especially for learners on study programmes.

"Learners talk confidently about the skills they have developed - in particular, working in a team, using their own initiative and the application of their learning in college to the workplace."

The report also noted:

- Investment in improving teachers' teaching and learning skills which had directly led to improved teaching and learning, and better outcomes.
- The college is now the "strategic partner of choice for significant business and community projects in London".
- Leaders, managers and governors are highly ambitious for the college and have a clear and well-explained vision, a consistent expectation of high standards and a relentless focus on improvement.



Ealing Hammersmith and West London College has been awarded a good rating from Ofsted Picture: Chmee2

- The college's former pupils include inventor Trevor Baylis, comedian Marcus Brigstocke, singers Estelle and Shola Ama, film director Steve McQueen and former chairman of the Professional Footballers' Association Clarke Carlisle.

College chief executive Garry Phillips said: "I am incredibly proud of what the team and the students have achieved.

"We knew that the only

way to transform the college quickly would be to have an unwavering focus on improving outcomes for students. We have, therefore, focused on providing courses which lead directly to employment or progression into further learning. We also created a strong working culture for staff at the college, training and incentivising staff and providing them with an environment where they can

develop engaging learning materials.

"This inspection result is a testament to the staff's dedication, professionalism, passion and ambition."

The college also recently received a financial clean bill of health from the Education and Skills Funding Agency, after saving more than £20 million, four years after it received an inadequate financial health grade in 2013.

Road closures as five months of works start

A five-month programme of works to replace and upgrade the gas mains in Fulham Road from Gunter Grove, past the Chelsea and Westminster Hospital, to the junction with Beaufort Street, are under way and are due to finish in September.

To complete the work safely, two-way traffic lights are in place in Fulham Road outside Chelsea and Westminster Hospital.

As the work progresses there will be a westbound road closure in Fulham Road from Beaufort Street and a signed diversion will be in place.

Buses will need to follow the diversion and the westbound stops will be closed. The eastbound bus stop, opposite the hospital, has been relocated east, opposite Limerston Street. All businesses and shops will remain open.

Please allow more time for your journey.

The work will see the old metal pipes, which have supplied gas for a century, replaced by new pipes made from a more durable material.

The change will reduce the amount of unplanned work required to repair the ageing pipes and ensure a safe and reliable supply of gas to London's homes and businesses.

Simply stunning curtains & blinds at Chelsea Fabrics Curtain Fabric Factory



A narrow shop entrance about half way down the North End Road, Fulham, somewhat like a Tardis, opens up into a vast space packed full of rolls of curtain & upholstery fabrics, curtain tracks & poles, roller blinds, Venetian blinds, Roman blinds and anything else that one could imagine to make windows look fantastic.

This is the famous and original Curtain Fabric Factory established 20 years ago as the retail department of Chelsea Fabrics wholesale company. Together with expertise second to none the selection of top quality fabrics is probably one of the largest in London, but at prices substantially lower than places like Kings Road or Chelsea Harbour.

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from visiting clients homes or offices, measuring up (free estimates) advising and installing the most suitable curtain tracks or poles and making up the curtains or blinds (Roman blinds are a particular speciality) and then fitting the finished article. Rush jobs are another speciality! Easy to get to, just 5 minutes

walk from West Kensington, West Brompton Road or Fulham Broadway tube stations, pay & display parking in adjacent side roads, or public car park in Lillie Road, 5 minutes away.

If you're thinking of new curtains or blinds, **Chelsea Fabrics Curtain Fabric Factory** is more than worth a visit.



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sue domain

We don't talk any more. I'm sure that is a line out of a Barry Manilow song or possibly even Barbara Streisand, both singers which I love and am proud to admit it.

However, it seems very apt nowadays when it really is a case of 'we don't talk anymore,' and I don't mean those loved up in a relationship, I mean among ourselves, to our neighbours, to our friends, to acquaintances or people we do business with on a daily basis.

We just don't talk much – or as much as we used to. What we do is text or WhatsApp, email or Facebook people.

It's all quite sad really, as people are becoming less used to having conversations or just meeting and talking face to face.

I blame mobile phones and computers, both of which are great inventions and yes, we need to move with the times especially around this more, technological society that we have become, but at what cost?

I remember being younger and the one phone in the house was in the corridor.

I would ask my mother permission if I could use it and I would often of an evening call a friend, even if I had seen her at school that day and we would still chat, sometimes for about an hour.

We would put the world to rights, laugh, motivate each other, talk about our dreams and aspirations and above all discuss any problems we may be having.

Often I would, with my mother, pop and visit an auntie or a family friend – usually on a Sunday after-

noon to sit down to a nice cup of tea and catch up with what had happened the previous week.

It was a way for the mothers to catch up, offload, share their woes and problems and by the time the visit had ended everyone felt so much better, ready to start the new week ahead.

It was a form of therapy, especially for women, it really was important to share quality time with relatives or people you were friends with.

Now life has become so busy, we have little time to visit family and friends, and unless there is an event, people don't tend to just 'pop round' for a cup of tea and a chat.

Now we have Skype so sometimes there isn't even the need to leave your house to connect with friends and



family, but is it the same as being in the same room as each other and properly connecting?

Today, there is more stress and more anxiety, people are suffering from depression and the use of therapists has increased.

It's because 'we don't talk anymore'. Friends were a way of offloading our problems, too – popping over for a cup of tea and a slice of cake was the excuse.

Postal and written communication is changing so much as well and at a very fast pace.

I remember when there were two postal deliveries, one in the morning and one in the afternoon, to keep up with the amount of letters that were being sent.

We would write long letters to people, cards, notelets, we would make a point to keep in touch.

Yes of course, there was all the bills and the junk mail that came with it.

Now, with computers and our need of saving paper, we can quickly drop an email which is delivered instantly, a reply to the message can be received within minutes. Now we get stressed if we don't reply immediately.

The same goes for work and the use of emails as instant replies and with smartphones we can be contactable at any minute of the day or night.

We chose to be connected because we want to be connected, we want to be on top of things, we want to hear the news immediately it comes in, we want to be contacted if there is a prob-



There are numerous ways to connect with people these days, but our columnist Sue Domain says it's not all it's cracked up to be

lem that needs immediate attention.

In fact, even if it does, we will respond the second we received the query/question/report because that is the way we are all working now and are all connecting.

But doesn't it add its own stresses?

We more or less have our life all electronically wrapped up inside the small gadget the size of our palm.

We have all our contacts, we have our diaries, we have all our photos, music and films, our connections on to the internet, our connections on all our social media links, WhatsApp, Twitter, LinkedIn and Facebook and the rest I don't know about.

It's there all there, in this small gadget – the thing that is controlling our lives and we cannot live without.

We are constantly checking for new messages and if we leave home without it, we cannot function.

We cannot get through an hour without being connected to our mobile phones and I am starting to resent

the fact that I am a slave to the phone and to the internet. I obsessively look at my screen just waiting for a text, a WhatsApp message, mail or a Twitter acknowledgement to come through. What a waste of time.

What would happen if everyone in the UK turned the clocks back to the 1980s and locked their phones and their computers away in a cupboard for a week?

The idea sounds mad and would never in a billion years work, but imagine, what if? Perhaps that might cure the problem of 'We don't talk anymore'.

Well, I might just try it for a week and see whether I could do it and see how it would feel.

Would it feel liberating or would it be a total nightmare?

Who's with me then?

If we start small we can only grow and you never know, there might be other people that are thinking just like me, but I will have to get the message out somehow and connect with them all via social media one last time before I do it.

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catherinearnold



Catherine's Blueberry Avocado Superfood Mousse

A few years ago my breakfasts were very brown in colour, mostly consisting of toast with marmite or a wheat-based cereal with milk, sugar and a cup of tea.

This might sound like a normal breakfast for many people, but knowing what I know now about nutrition, I have no idea how my body coped through breastfeeding my first child on this morning staple.

Maybe the spots and mouth ulcers I developed during this time were a clue I wasn't getting the nutrients I needed.

Starting the day with my drab and carb-tastic breakfast did fill me up, but not for long.

Processed carbohydrates in the form of bread and cereals are quickly broken down by the body into sugar.

A sugar rush is followed by a crash, leaving you running on empty and starving way before lunch. Not only that, but most supermarket-bread and cereals are so processed there will be very little in the way of vitamins and minerals (the raw materials your body needs to function effectively) left in them. With high levels of sugar and salt added to create some flavour and various other questionable ingredients to keep these foods 'fresher for longer', what you are actually consuming is a delightful medley of non-food - as your first meal of the day.

If you are looking to optimizing your health, my advice is to ditch the brown breakfasts and inject some colour.

Government research shows that increasing your intake of fruit and vegetables reduces your risk of chronic disease. As a nutritional therapist, I advise my clients to 'eat the rainbow' every day.

The reason why brightly coloured plant foods are SO good for you is because, in addition to vitamins and minerals, they contain compounds called phytonutrients. These give the plants their bright colour, whilst providing them with a protection system from environmental dangers such as UV rays and insect attack. When we consume these

plants, the phytonutrients provide us with protection too. They are the antioxidants, anti-inflammatory, immune boosting compounds that protect us from chronic diseases like cancer and heart disease. Interestingly, the harder the plant has had to work to grow, the more phytonutrients it contains. So plants that have been grown using pesticides to protect them from insects will have less phytonutrients than a hardy organic plant.

As my knowledge of nutrition has grown, so my breakfasts have brightened up considerably. These days, my vegetable consumption is no longer limited to lunch and dinner as I aim to 'eat the

rainbow' at breakfast, too.

Eating a more balanced meal containing protein and fat as well as carbohydrates, easily keeps me going until lunch time. This is because it balances blood sugar, which is key to supporting the body through stress and weight loss as well as protecting us from chronic disease.

Eggs are a great way to start the day and I usually have one every morning. But it's avocados that I really love, being so versatile they can be eaten savoury or sweet.

They are ridiculously anti-inflammatory (great for arthritis), high in heart-healthy mono-unsaturated fats (same fat found in olives),



For a mega dose of phytonutrients at breakfast, you could try this delicious Blueberry Avocado Superfood Mousse, which also provides you with protein, essential fats and an awesome boost of brain nourishing nutrients and antioxidants. It takes minutes to make, tastes amazing and you may even persuade the children to try it.

Blueberry Avocado Superfood Mousse

Ingredients:

2/3 cup frozen blueberries
 1/2 ripe large avocado
 1/3 ripe banana
 Juice of half a lime
 splash of plant milk (almond, oat or coconut milk) to loosen mixture and enable blades to turn
 tiny pinch of Himalayan salt
 1 tsp coconut oil (optional but a great energy boost)
 1 tbsp ground flax seeds

Topping Suggestions:

Mixed seeds (pumpkin, linseeds, sunflower seeds)
 walnuts, almonds
 chia seeds
 toasted coconut flakes
 quinoa pops
 drizzle of raw honey or pomegranate molasses
 thin slices of avocado or papaya

Method:

In a good blender, blend avocado, blueberries, banana, lime, milk, salt and coconut oil until smooth, stir through the ground flax and serve with nuts, seeds, papaya and other topping as you like.

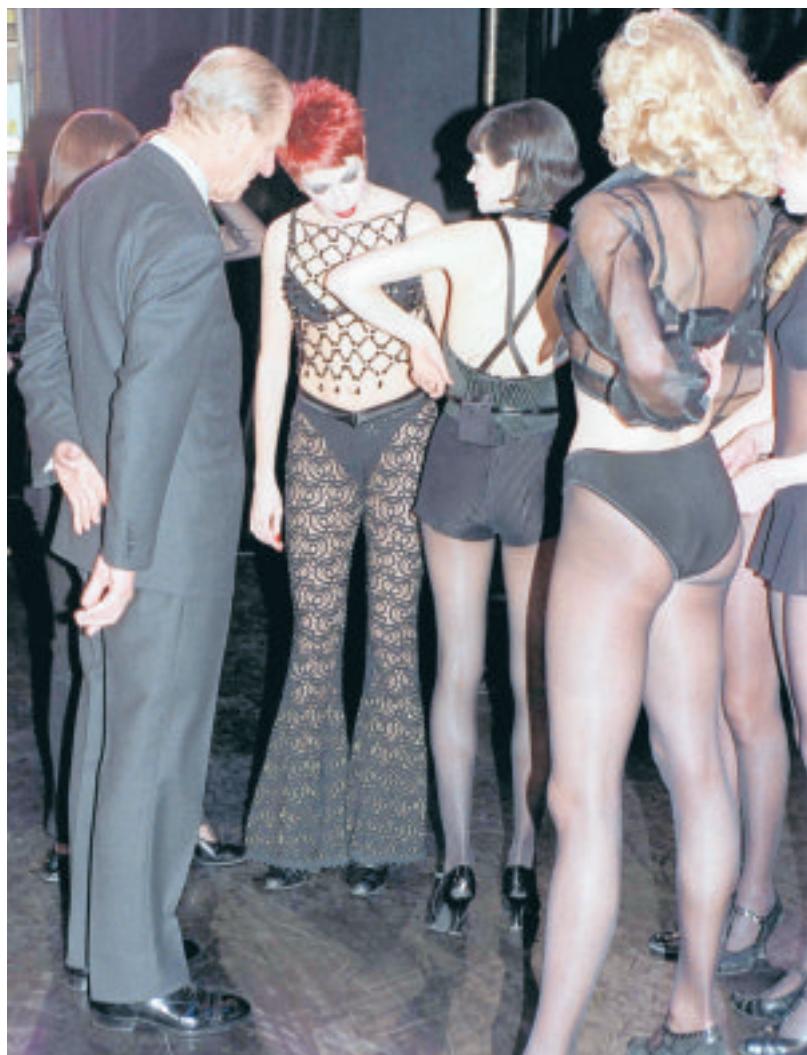
and they help balance blood sugar, too.

● Catherine Arnold is a registered Nutritional Therapist who lives in Nunhead, South London. She supports people who are suffering with a variety of ailments such as infertility, IBS, digestive problems and cancer. She trained at the College of Naturopathic Medicine in London after discovering the power of nutrition when her partner successfully fought leukaemia aged 34. Catherine draws on her experience to support and promote wellness in others. She writes her own recipes and is a passionate foodie. ● For more information about Catherine see www.catherinearnoldnutrition.com and email catherinearnoldnutrition@gmail.com

As Prince Philip announces his retirement from public engagement,



we look back on some of his trips to West London



The Duke discusses the positioning of a microphone with a member of the cast of the West End musical Chicago, whom he met during a visit to the Adelphi Theatre in London on a tour of London's Theatreland with the Queen in 1999

Duke to step out of the public eye

BY TOBY PORTER
toby.porter@slp.co.uk

The Duke of Edinburgh will no longer carry out public engagements from the end of this summer, Buckingham Palace announced on Thursday.

The Palace said it was Prince Philip's decision, taken five weeks before his 96th birthday, with the support of the Queen.

The statement read: "Prince Philip will attend previously scheduled engagements between now and August, both individually and accompanying The Queen."

"Thereafter, The Duke will not be accepting new invitations for visits and engagements, although he may still choose to attend certain public events from time to time."

"The Duke of Edinburgh is Patron, President or a member of more than 780 organisations, with which he will

continue to be associated, although he will no longer play an active role by attending engagements."

"Her Majesty will continue to carry out a full programme of official engagements with the support of members of the Royal Family."

Royal staff from across the country had been called to an emergency meeting at Buckingham Palace at 10am this morning.

Philip opened a new stand at Lord's Cricket Ground on Wednesday and did not seem to be in failing health.

But he has decided the time has now come to step back from royal duties that can involve extensive travel.

His grandson, the Duke of Cambridge, has already announced he will be leaving his job as an air ambulance helicopter pilot to concentrate on his public role.

So it is likely he will be further supporting the Queen in

her position as head of state now the Duke has retired from official engagements.

When the Duke turned 90, he stepped down as president or patron of more than a dozen organisations - but has still been involved with more than 800 charities or bodies.

Prince Philip carried out official meetings and visits on 110 days last year - almost one every three days.

His grandsons Prince William and Prince Harry completed 80 and 86 respectively, while the Duchess of Cambridge did 63 days.

The Queen, who celebrated her 91st birthday in April this year, undertook official duties on 80 days of the year.

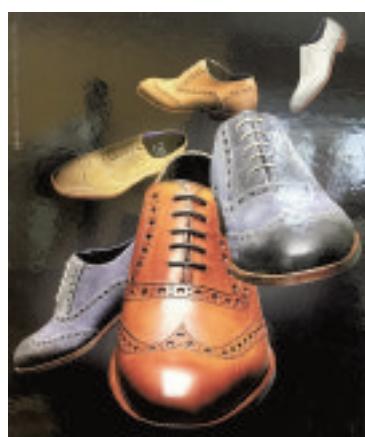
Princess Anne topped the 2016 list of public engagements, with 179.

Prince Charles took part in 139, Prince Edward 118, Andrew 112 and Prince Harry 86.



Above, the Duke of Edinburgh (standing) smiles as he receives an honorary degree from Imperial College London in South Kensington. Top, with the Queen at the opening of Paragon House at Thames Valley University and the Queen and the Duke of Edinburgh arrive at the West Gate of Wellington Barracks for the Service of Thanksgiving for the life of Diana, Princess of Wales, at the Guards' Chapel, London Pictures: PA

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Creature Comforts

adopt a pet

Battersea Dogs & Cats Home and the South London Press have teamed up to find new homes for some of the hundreds of animals at the pet shelter in Battersea Park Road. The charity aims

The rehoming fee is £135 for dogs and £75 for cats. This includes microchipping, initial vaccinations, flea and worming treatment, a collar, identification tag and lead, access to our behaviour advice line. The animal will be neutered and there will also be the option of

never to turn away a dog or cat in need of help. Lost dogs and cats are reunited with their owners and, where that is not possible, the shelter cares for them until homes can be found.

signing up to four weeks' free pet insurance and a starter pack of food, advice and special offers.
A home visit may be required.
To find out more call 020 7627 9234, email rehoming@battersea.org.uk or visit www.battersea.org.uk

Danny



Age: 1 year 8 months
Breed: Lurcher
Sex: Male
Reference: 355695

Meet dashing Danny, an energetic boy who loves dogs and humans alike. He is so full of beans and can't always keep his excitement at bay. Having experienced the joys of friendship here at Battersea, Danny is eager to be around other dogs and could potentially share his home with a playful lady. Cats aren't really his thing.

Lewis



Age: 7 years 11 months
Breed: Staffordshire Bull Terrier
Sex: Male
Reference: 355592

Lewis is a cracking boy looking for patient owners who are crazy about bull breeds. This guy is smart. He knows his basic training but has the potential for learning so much more. He loves his food which is a great way to motivate him during training.

Shadow



Age: 11 months
Breed: German Shepherd
Sex: Male
Reference: 355707

Meet Shadow – he has the quirky personality to match his incredible looks. Shadow is a German Shepherd cross Husky and he displays the best of both breeds. Shadow is looking for experienced owners who have experience with these breeds, to be able to dedicate time to training him.

Jemima



Age: 4 years 7 months
Breed: Domestic Long-hair
Sex: Female
Reference: 356597

Gorgeous Jemima just can't get enough of laps. She loves to snuggle up on you and will happily snooze the afternoon away, dreaming about her other favourite thing in the world: food. Our lady loves being groomed and is always ready to roll around in catnip.

Daisy



Age: 10 years 1 months
Breed: Domestic Short-hair
Sex: Female
Reference: 356864

This delightful girl will melt your heart with her sweet nature and endless supply of cuddles. She belies her years in looks and personality, pouncing on her toys like a kitten, yet always retaining an older lady's sense of grace and poise. Could you offer her the purrfect place to call home?

Duke



Age: 1 year 5 months
Breed: Lurcher
Sex: Male
Reference: 356518

Delightful Duke is a glass half full type of lad. He loves life, wants to explore as many new things as possible and loves making new friends. An energetic family who have some experience with sighthounds would be his perfect match. Duke enjoys play time with his favourite toys.



I recently bought a puppy, but it died just a few weeks later and my family were devastated. Even though I thought I was careful, it turned out to be from a puppy farm and had loads of health issues. What are the signs I should look out for to avoid this? Alex

I am sorry to hear about your puppy. It must have been heart-breaking. One of the most important things to do before you buy a dog is download the free Puppy Contract and Puppy Information Pack (puppycontract.rspca.org.uk). Supported by PDSA, veterinary organisations and other charities, these packs will help protect you against getting an unwell or illegally imported puppy, and instead make sure you get a dog that is healthy and happy.

My Yorkie Bella is two-and-a-half years old and my vet advised I get her spayed to protect from mastitis and possible cancers. But I'm worried about leaving her

alone overnight, and that something might go wrong. How safe is it for her and how quickly would she come home? John

Routine neutering operations can usually be carried out quite quickly and most pets will be able to come home the same day. Bella is still young and so any risks associated with the anaesthetic are very low – certainly much lower than the risks some of the illnesses this will protect her against. Your vet clearly thinks this would be beneficial for Bella, so I'd advise giving them a call and chatting through any concerns.

My cat Margo is six and only seems to be able to keep small amounts of food down. If he eats too much he's sick, but this happens regularly. Is something wrong with him? Chris

Dear Chris, there are many possible causes of repeated vomiting, including an infection, worms, a tumour or an overactive thyroid gland. Your

cat may even have swallowed a foreign body, which could also cause these symptoms. It's important to take your cat to see a vet so they can get to the bottom of what's making him unwell. Your vet will

perform a full clinical examination and depending on the findings, they may want to perform further investigations to help make a final diagnosis.

VICKI LARKHAM-JONES, vet for the PDSA, answers your pet questions



Volunteer is

Staff at Battersea Dogs & Cats Home have paid tribute to the home's most prolific volunteer after she turned 60 last week.

Surbiton resident Chris McLean has volunteered in seven different roles during a seven-year association with the much-loved charity.

The retired nurse has donated her time to the charity in a number of roles, from caring for vulnerable dogs in kennels and her home to shaking buckets at events, educating communities about responsible dog ownership and taking dogs to visit residents at the Royal Hospital, Chelsea.

The mother-of-two was treated to a surprise birthday celebration at Battersea's London centre last week to recognise her dedication to the home.

Chris said: "The birthday celebrations blew me away. It was amazing that staff and volunteers from all different parts of the Home were all there – it was so special.

"When I adopted my first Battersea dog back in 2010, I decided I wanted to do more to help the charity.

"There's something wonderful about Battersea. You're made to feel so welcome and everyone appreciates what you have done.

"Two years ago, I decided I wanted more time to help out at Battersea so I took early retirement from my career as a nurse.



"I'm really lucky that I was able to retire so I could put my heart and soul into something I really enjoy."

Charlotte Fielder, head of volunteering and fostering at Battersea, said: "We're very lucky to have someone like Chris volunteering at the home and we don't take her for granted, so it was great to be able to mark her 60th birthday in style."

"She's a tremendous asset to Battersea and is adored by staff and volunteers alike for her commitment and dedication to the home."

"A big thank you also goes to players of the People's Postcode Lottery, whose support enables volunteers like Chris to carry out their amazing work."

In 2016, the home was awarded a total of £650,000 by players of People's Postcode Lottery, taking the total funding Battersea has received from the organisation to £1.3m.

Creature Comforts

adoptapet



Sweetie



Age: 2 years 2 months
Breed: Staffordshire Bull Terrier
Sex: Female
Reference: 351952

Sweetie lives up to her name in many ways. She's a typical high energy girl but she also has a sensitive side where she finds some situations overwhelming. She's experienced a lot of change in her young life and is looking for consistency and routine with a family who can finally give her a forever home.

Ralph



Age: 4 years 8 months
Breed: Beagle
Sex: Male
Reference: 355163

Ralph came into Battersea with an injured leg and required surgery so he's still recovering and on a strict exercise regime that new owners must be willing to follow, so that Ralph can get back to full health. He loves other dogs but wouldn't be able to live with one until he has fully recovered.

Dotty



Age: 2 years 9 months
Breed: Lurcher
Sex: Female
Reference: 354156

Delightful Dotty is a fun and affectionate lady with lots of enthusiasm, although this can get the better of her and she can get a bit carried away with her play with other dogs and people, so she'll need sensible, calm owners that can manage her drive and keep her busy in other ways.

Tia



Age: 8 years 8 months
Breed: Staffordshire Bull Terrier
Sex: Female
Reference: 355126

Tia has been through quite a lot in her life recently and is finding kennel life quite difficult so she can't wait to find a quieter home to spend her days. Tia loves her toys and owners will need to provide an endless supply. Tia is very much a people's dog, preferring her human company.

Ninx



Age: 5 years 11 months
Breed: Domestic Short-hair
Sex: Female
Reference: 355549

Stunning Ninx likes to be surrounded by all the home comforts, therefore she is currently putting her paws up in a foster home, but she's hoping someone will give her a permanent home she can rest in. Ninx is a sociable girl and enjoys hanging out with her favourite people.

Kishmish



Age: 6 years 6 months
Breed: Domestic Short-hair
Sex: Female
Reference: 356146

Kishmish is a fantastic lady who enjoys making friends with her visitors in her own unique and adorable way. Her name means 'sweet as sultanas' and she shows off her sweet, sassy side whenever the mood takes her. She loves affection and will nuzzle your hand with her nose for more.

thanked for hard work with party



Far left, Chris McLean pictured left, alongside Battersea's head of volunteering and fostering Charlotte Fielder with George, left, and Whippet. Below, Chris with Battersea Ambassadog George. Right, staff and volunteers gather to celebrate Chris' birthday

Property

For house buyers looking to purchase a home in leafy Hammersmith, one with stamp duty paid will work out to be a worthy investment. At Bellway Homes' Bentley Place development, two-bedroom apartments are now being offered with stamp duty paid – a saving of almost £30,000. The development offers two-bedroom apartments from £799,995, while the average cost in the area is £820,000. The apartments, in Bute Gardens, offer a quiet sanctuary away from the hustle and bustle of the capital but are near enough for an easy commute into the capital. The contemporary, boutique development is situated on an avenue with exteriors sympathetic to the Victorian style homes nearby.

Kevin Bowles, sales manager at Bellway Homes North London, said: "We are delighted that we can offer a number of savings to housebuyers looking for two bedroom homes in Hammersmith.

"Taking the strain out of additional costs in home ownership will be an attractive incentive for first-time buyers and investors.

"There are only 10 apartments left for sale at our development so with this incentive running, there's even more reason for potential buyers to come and see our show home before they sell out."

Layouts at Bentley Place have been carefully considered to make the best use of natural light and space throughout, with a number of private underground parking spaces available to purchase.

The Palace is a classic example of a two-bedroom apartment, priced from £799,995, and is offered with an open plan kitchen, living and dining area with a Juliette balcony.

An en suite and fitted wardrobes are included in the master bedroom and the apartments feature energy efficient underfloor heating, fitted carpets, Siemens integrated kitchen appliances and undercroft

cycle storage.

Situated in the heart of Hammersmith, the apartments are only a short walk away from Hammersmith Tube station, which offers direct and regular services into Liverpool Street, Monument and the north, great for the work commute.

The development is just a short walk from Hammersmith Broadway and close to the cosmopolitan neighbourhood of Brook Green. Also within easy reach, Ravenscourt Park boasts enticing green open spaces, as well as attractive landscaping, a range of wildlife habitats and an excellent array of leisure facilities.

Local road links include access to the A4, which runs into central London to the east and connects with the M4 to the west, providing access to Heathrow Airport in approximately 25 minutes.

Prices start from £799,995 for a two bedroom apartments. For further information, please visit www.bellway.co.uk or call 0333 202 5173.



Exterior and living room shots of the Bentley Place development

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Capital Nights

Food
& drink,
with
Adrian
Seal



Albertine is back on the west London food and drink scene, says our correspondent Adrian Seal

like a good story, especially when it involves food, so a chef returning to her roots and taking back ownership of the restaurant first started by her family nearly 40 years ago and where the first script for *EastEnders* was written is a jolly good one.

That's exactly what chef, author, TV presenter and proud west Londoner Allegra McEvoy has done with Albertine in Shepherd's Bush, which her late mother started in 1978, and has now reopened after a refurb.

In its heyday, Albertine was regularly referred to as one of the best wine bars in London, and its name inspired the setting for the soap, *Albert Square*.

Situated just off the famous Green in the Bush it has retained much of its old spirit, although there is now a greater emphasis on food, both in the bar and in the new upstairs dining room.

The upstairs restaurant is in fact a far cry from the hustle and bustle of the wine bar below, which still features the original distinctive pews rescued from a church reclamation yard by Allegra with her mother.

It's like entering someone's dining room – cosy and compact with space for around 20 covers.

Cookery books and nick knacks are arranged on bookshelves, and the only things missing are roaring flames from logs to illuminate the attractive 'boarded up' fireplace.

There is a 'modern touch' with two impressively large purple lampshades giving off subtle lighting, but otherwise there is a pleasant homely buzz to the place when it's full with chattering diners.

The cooking compliments the surroundings with bold rustic plates using well matched seasonal ingredients on a short but interesting menu, which comprises five starters, five mains and four deserts, all keenly priced.

My partner Fiona started with delicate courgette carpaccio with pecorino, pine nuts and chervil (£8) which she declared "was incredibly tasty for something so simple" while my smoked trout (£9) with sublimely seasoned Jersey Royals, hints of horseradish and capers was a clean, fresh tasting plate.

Gleaming perfectly cooked Cornish Pollock, topped with

a tasty salsa verde (£16) sitting proudly on a bed of puy lentils, whetted my taste buds and was just a pinch of seasoning away from being near perfect.

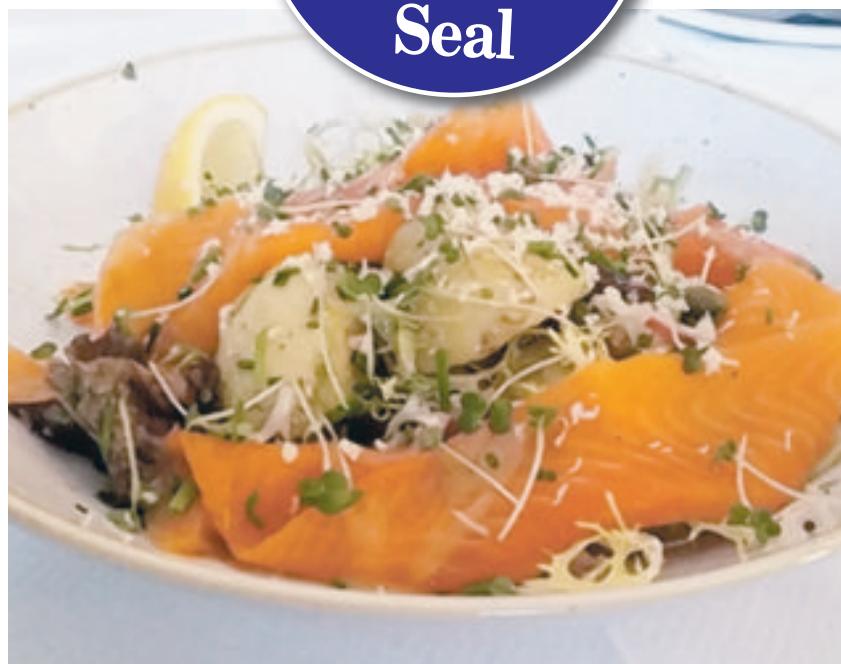
A well flavoured hunk of pork shoulder steak (£16) combined nicely with rainbow chard anchovies and baby Jersey Royals for a decent dish, although Fiona declared the meat could have been tenderer.

I finished things off with a little pot of gold in the form of chocolate, cream and salted caramel (£6) helped along by some delicious shortbread. Anyone for seconds? Me please.

There is an impressive European influenced wine list, with a cracking selection by the glass, and if you run out then, as the sign says, 'in case of a wine emergency, ring the bell.'

With casual but attentive service, a new relaxed upstairs dining setting and some pretty decent tucker Albertine is certainly back on the west London food and drink scene.

● Albertine, 1 Wood Lane, Shepherd's Bush W12 7DP. Telephone 020 8744 9593



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Capital Nights



Night Sky, with Radmila Topalovic

exhibitions - events/pitch-black.

The summer sky is fast approaching – look for the magnificent summer triangle rising in the east after midnight. The summer triangle is marked by the stars Deneb, Vega and Altair – Vega will become apparent first as it is the brightest star of the three. Deneb marks the tail of Cygnus the swan which appears to fly over the Milky Way. The light from Deneb (a much bigger and brighter star than the Sun) takes more than 3,000 years to reach us – the light you see set off at the start of the Iron Age.

There are two planets to look for this month – Jupiter and Saturn. Jupiter is incredibly bright and visible as soon as the sun sets – look south and you will see it high in the sky.

Planets, the moon and the sun reach their highest point in the sky due south – astronomers call this culmination. Here they are on the meridian; this is an imag-

inary line bisecting the sky through the north and south celestial poles.

The best time to look at any object is when it is at culmination. In this position there is a thinner layer of atmosphere for the light to pass through and so there is less distortion – this is the best time to look at objects in the night sky.

If you have binoculars attach them to a tripod and point them at Jupiter. On a clear dark night you may see the four largest moons, these are the Galilean satellites (first discovered by Galileo Galilei in 1610) – Io, Europa, Ganymede and Callisto.

Ganymede is the largest moon in the Solar System, larger than the planet Mercury. Io has intense volcanism due to tidal heating. Its tight orbit around Jupiter takes it round in less than two days and the strong gravitational pull of Jupiter flexes the surface of Io.

Europa is currently the



One of the four largest moons, Europa. Right, Radmila

focus of much interest; scientists believe there might be a vast ocean of liquid water lying beneath its icy shell. A plume of material was spotted recently by the Hubble Space Telescope; plumes have also been seen bursting from the surface of Enceladus, an icy moon around Saturn.

Saturn is visible low in the

south-eastern sky after midnight. Use binoculars to see its elongated shape due to its rings which stretch out from the surface of Saturn to a distance equivalent to its diameter.

A small telescope is needed to see the rings; you may also see the four largest moons: Mimas, Enceladus, The NASA

Cassini satellite recently detected the presence of hydrogen in the plumes of Enceladus, also thought to have a global ocean. This exciting news suggests there might be undersea vents and energy sources – the next step is to probe deeper and look for possible life on this alien moon.

Radmila's top tips for events at Royal Observatory Greenwich this month:

Sci-Fi Silver Screen: Pitch Black certificate 15 at the Astronomy Centre: Experience a contemporary cult classic under the stars in our planetarium on Saturday, May 19 from 6pm until 8.30pm. Tickets cost £10 for adults and £8.50 for concessions. www.rmg.co.uk/see-do/exhibitions-events/stranger-worlds for more information.



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THE BIG MATCH

When: SATURDAY 20th MAY 2017
Where: MILLWALL FOOTBALL CLUB
Time: GATES: 10.30AM KO: 2.00PM
Tickets: £10.00 + booking fee



Woody Allen's Jazz Band are to return to London for the first time in 10 years this July

Woody Allen back in capital

Woody Allen will bring his New Orleans Jazz Band to London this summer for a one-off concert at The Royal Albert Hall on Sunday, July 2.

Established over 35 years ago, the seven-piece band's sound is firmly rooted in the music that Allen has loved since his childhood, and draws inspiration from the likes of Sidney Bechet, George Lewis, Johnny Dodds, Jimmie Noone and Louis Armstrong.

Allen, who has won four Academy Awards throughout the course of an illustrious six-decade career, is a much revered and dedicated musician who performs regular concerts with his band in New York.

Such is his dedication that he once famously missed accepting the Best Picture Academy Award as he was performing a concert on the same evening.

In 1996, the band embarked on

its first tour of Europe, which was chronicled in the documentary film and album *Wild Man Blues*. Despite having toured Europe on a number of occasions since, this concert will mark the band's first return to the UK in over 10 years.

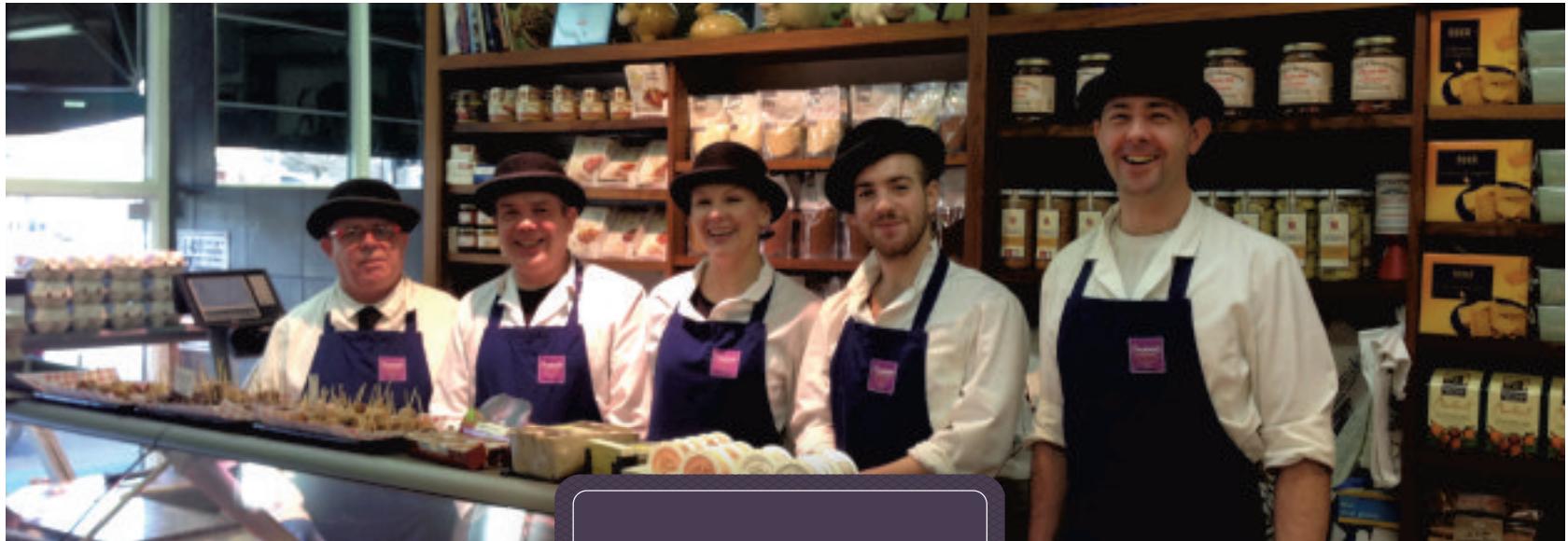
● Tickets are on sale now at www.royalalberthall.com/tickets/events/2017/woody-allen-and-his-new-orleans-jazz-band.

The Big Match enters its 6th year, heading to the New Den, home of Millwall FC. Come and enjoy this fantastic footballing family fun day and see legends such as **Ossie Ardiles**, **Razor Ruddock**, **Ricky Villa**, Millwall's own **Jimmy Carter**, **Clinton Morrison** and **Guy Branston**.

The day also sees celebrities such as TV's **Dan Lobb**, X Factor's **Jake Quickenden** and **Jay James**, Boxer **Ben Jones**, Union J's **Josh Cuthbert**, Towie's **Dan Edgar**, CBB's **Nicola McLean** (Ex on the beach star **Nicole Bass**) and many more!

www.TheBigMatch.co.uk

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Capital Nights



**Walking
in London**
By
**Mandy
Little**

Charity Living
Streets says
London is the
third most
popular city in
the country for
walking



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London emerged as the country's third best city for walking but plans are afoot to make it even better. Living Streets has revealed the results of its latest survey to tie in with National Walking Month this month.

The charity has also launched its Walking Cities campaign to lobby for urban landscapes to be designed around people rather than vehicles to make them more walking friendly. As part of the survey residents from the UK's 10 largest cities were asked what put them off walking. The capital came in third place for being walking friendly with Edinburgh in top place, followed by Sheffield.

More than 57 per cent of respondents said they felt safe walking around London, and 64 per cent reported they found shops and services easily accessible on foot.

However, the state of pavements let the city down in

terms of reaching the top spot, with 34 per cent finding pavements poor in terms of how cluttered or well-maintained they are.

The results also revealed 76 per cent of responses were in favour of more measures to encourage walking in the city. To celebrate National Walking Month, the charity, which has been promoting walking for 85 years, is also asking people to rate their every day walks on its website.

The charity suggests people take a 20-minute daily walk as a free and easy way to improve their health.

Julia Crear, a director of Living Streets, said: "Cities around the UK have some way to go to become world-leading walking cities and this is something we want to help create. It's encouraging that people in London see the importance of investing in walking to make the city a better place to live in."

"London is doing some re-

ally positive work to improve the city for people walking, as demonstrated by the London Mayor's commitment to pedestrianise Oxford Street.

"We've been working with boroughs across London to enable more people to walk their everyday journeys, improving everyone's health, reducing air pollution and supporting local high streets to thrive."

Will Norman, the capital's first ever full-time walking and cycling commissioner this year, said: "We are committed to making London the most walkable city in the world and are investing more than £2bn to make our streets healthier, safer and more welcoming."

"Walking is not only good for your health and wellbeing, it also benefits London by reducing car use and improving air quality, and that's exactly why we are working so hard to make it an obvious and safe choice of travel for all."

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PRESENTS

GABRIEL

BY

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THE TIMES



SUPERBLY ACTED. A JOY TO WATCH

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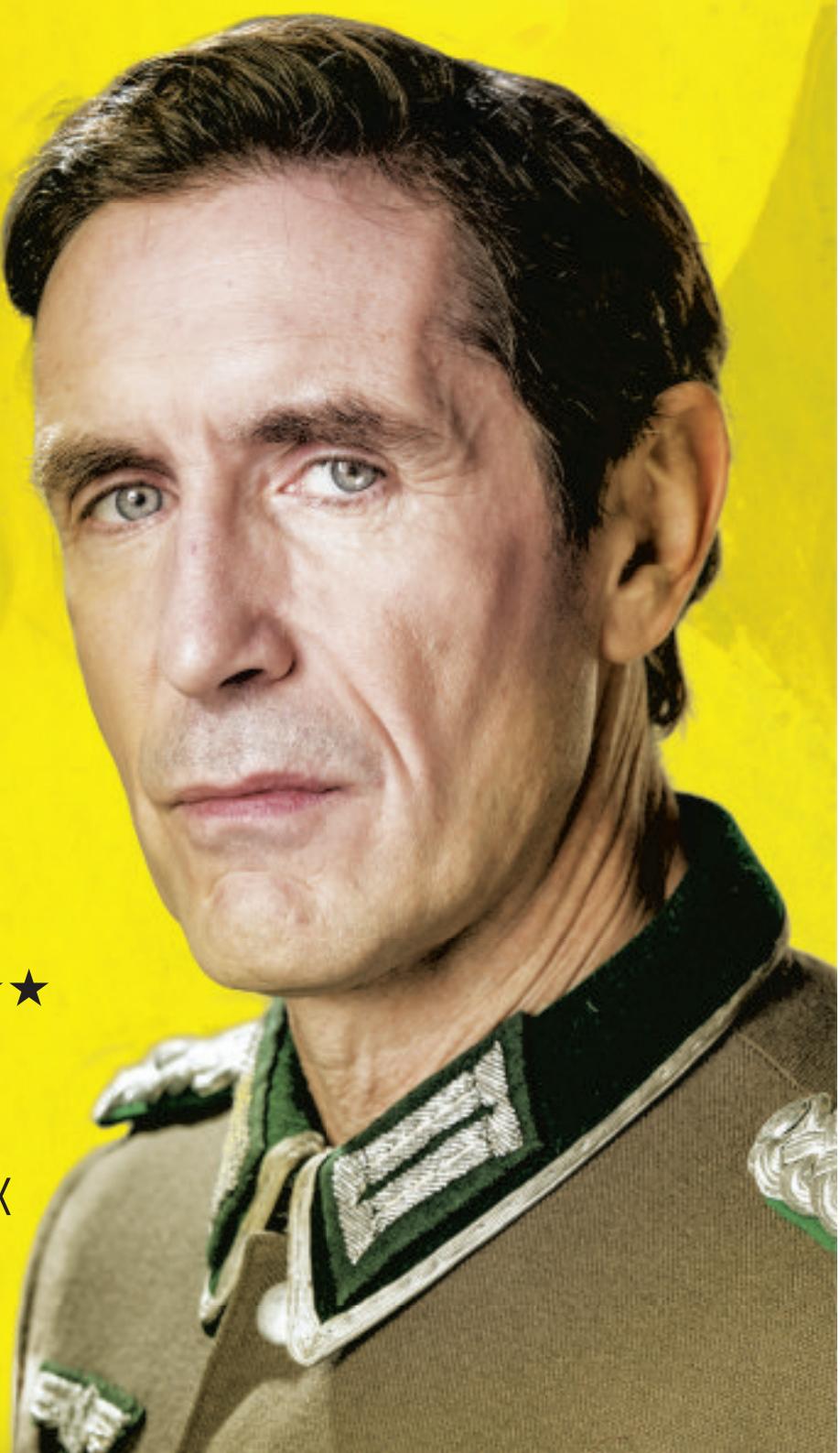
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Application requests to admin@cherrygarden.southwark.sch.uk or from the school's website: www.cherrygardenschool.co.uk

Closing Date: Monday 22nd May 2017 (Midday)

Interview Date: 6 June 2017

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Public Notices

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE A3212 GLA ROAD (CHELSEA EMBANKMENT, ROYAL BOROUGH OF KENSINGTON AND CHELSEA)

(TEMPORARY PROHIBITION OF TRAFFIC AND STOPPING) ORDER 2017

1. Transport for London hereby gives notice that it has made the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
2. The purpose of the Order is to enable carriageway works to take place on A3212 Chelsea Embankment.
3. The effect of the Order will be to prohibit any vehicle from:
 - (1) Stopping on Chelsea Embankment outside Nos. 14-16 Chelsea Embankment;
 - (2) Entering, exiting, stopping or proceeding on Royal Hospital Road at its junction with Chelsea Embankment;
 - (3) Turning right into Royal Hospital Road from Cheyne Walk;
- The Order will be effective between 9:00 PM on the 14th May 2017 until 5:00 AM on the 26th July 2017 or when the works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.
4. The prohibitions will not apply in respect of:
 - (1) any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;
 - (2) anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
5. At such times as the prohibition is in force an alternative route will be indicated by traffic signs.

[For vehicles wishing to enter Royal Hospital Road via Chelsea Embankment] - Chelsea Bridge Road onto normal route of travel
 [For vehicles wishing to enter Chelsea Embankment via Royal Hospital Road] - Lower Sloane Street, Sloane Square, Kings Road, Oakley Street onto normal route of travel

Dated this 9th day of May 2017

Mufu Durowoju

Network Impact Management Team Manager,
 Road Space Management - Operations, Transport for London
 Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



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Public Notices



LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984

SECTION 14(1)

(CRISP ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

- The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate tower crane activity to be carried out in the above named road; it intends to make an Order the effect of which would prohibit vehicular traffic in one section of the above named road and suspend the one way working in another section of the above named road.
- Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of Crisp Road, between its junctions with Queen Caroline Street and Chancellors Street.
- Whilst works are in progress, or whilst the authorised traffic signs are displayed, the one way traffic flow system between St James Street and Chancellor's Road.
- An alternative route for traffic in article 2 would be in place via Queen Caroline Street, the Hammersmith Gyratory, Fulham Palace Road and Chancellor's Road.
- Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
- The Order would come into operation on the 3rd June 2017 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
- Works would be expected to commence on Saturday 3rd June 2017 and last for 2 days. Back up dates are scheduled for Saturday 10th or Saturday 17th June 2017. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of May 2017

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984

SECTION 14(1)

(NORTH END ROAD/BEAUMONT AVENUE)
TEMPORARY PROHIBITION OF TRAFFIC

- The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Thames Water works to be carried out in the above named road; it intends to make an Order the effect of which would prohibit certain vehicular manoeuvres in the above named roads.
- Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle proceeding northbound along North End Road to turn in an easterly direction into Beaumont Avenue, similarly no person shall cause any vehicle proceeding in and easterly direction along Beaumont avenue to turn in a northerly direction onto North End Road.
- An alternative route for traffic in article 2 would be via North End Road, Hammersmith Road, Warwick Gardens, Pembroke Road, West Cromwell Road, Warwick Gardens and Little Road.
- Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
- The Order would come into operation on the 5th June 2017 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
- Works would be expected to commence on Monday 5th June 2017 and last for 4 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of May 2017

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984

SECTION 14(1)

(KING STREET)

TEMPORARY PROHIBITION OF TRAFFIC

- The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Thames Water repair works to be carried out in the above named road; it intends to make an Order the effect of which would suspend the westbound bus lane section of the above named road.
- Whilst works are in progress, or whilst the authorised traffic signs are displayed, the westbound bus lane in King Street, between its junctions with Hamlett Gardens and No. 274 King Street shall be suspended.
- An alternative route for traffic in article 2 would not be required.
- Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
- The Order would come into operation on the 5th June 2017 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
- Works would be expected to commence on Monday 5th June 2017 and last for 4 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of May 2017

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

Local Planning Applications
London Borough of Hammersmith & Fulham

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS)

ACT 1990

I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows:

FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR

APPEARANCE OF A CONSERVATION AREA

M&S White City Site 54 Wood

Lane London W12 7RQ

2017/01551/RES

Submission of reserved matters to discharge access, appearance, landscaping, layout, and scale pursuant to Condition 1 for the land identified as Exhibition Green within the masterplan for the M&S Site redevelopment, pursuant to Outline Planning Permission reference 2014/04726/OUT, approved on 16th December 2015*.

25 Niton Street London SW6 6NH

2017/01658/FUL

Excavation of the front and rear garden to form lightwells in connection with the creation of a new basement; erection of an external staircase from basement to ground floor level at the rear of the property.

In Front Of The London Cycle Hire Docking Station North West Of Barton House Wandsworth Bridge Road London

2017/01724/TEL5

Installation of an 15 metre high telecommunications pole, including 1 no. equipment cabinet.

Fulham Gas Works Imperial Wharf London

2017/01577/VAR

Variation to S106 agreement dated 5 March 2015 of Planning Permission 2014/03637/FUL and subsequently varied in Planning Permission 2016/03835/VAR dated 22 February 2017; "Demolition of 5no. redundant gasholders with associated structures and 3no. ancillary buildings. Works would include de-watering, de-sludging, removal of above ground structures, partial infilling of gasholder voids and partial levelling."

Permission is sought to allow the removal of the frame of Gasholder No.7 (Locally Listed Structure) before the obligations in the original S106 Agreement pursuant to Planning Application 2014/03637/FUL can be satisfied AND to vary Condition 7 by removing references to Gasholder No.7 such that matters regarding the interpretation of Gasholder No.7 will be contained solely within the varied S106 Agreement. Removal of Gasholder No.7 will enable gas mains replacement works to be delivered.

1 Thornford Road London W12 8JP

2017/01686/FUL

Erection of a rear roof extension; installation of 2no rooflights in the front roofspace.

34 Overstone Road London W6 0AB

2017/01458/FUL

Replacement of existing single glazed softwood windows and rear elevation doors with double glazed uPVC windows and doors.

48 Overstone Road London W6 0AB

2017/01459/FUL

Replacement of existing single glazed softwood windows and 1no rear elevation door with double glazed uPVC windows and door.

58 Overstone Road London W6 0AB

2017/01460/FUL

Replacement of existing single glazed softwood windows and rear elevation doors with double glazed uPVC windows and doors.

80 Overstone Road London W6 0AB

2017/01461/FUL

Replacement of existing single glazed windows and 1no side elevation door with double glazed uPVC windows and door.

66 Overstone Road London W6 0AB

2017/00704/FUL

Erection of a single storey rear extension, to the side of the existing back addition at basement level; replace window in rear elevation at ground floor level with French doors and erection of railings around the flat roof at ground floor level for use as a terrace.

The Vineyard 76 Hurlingham Road London SW6 3NR

2017/01484/FUL

Amendments to previously approved planning ref: 2016/03050/FUL granted 6th July 2016 to include the relocation of the approved garage and omission of the basement level under the garage.

Rear Of 109 - 111 Fulham Palace Road London W6 8JA

2017/01548/FUL

Demolition of the existing building and erection a three storey plus basement building for mixed use for one x one bedroom and two x two bedroom flats (Class C3 use), together with 70.4m² of commercial office space (Class B1a use) and associated cycle and refuse stores.

9A Overstone Road London W6 0AA

2017/00284/FUL

Erection of a rear roof extension, involving an increase in the ridge height by 300mm.

10 - 12 North End Crescent London W14 8TQ

2017/01685/FUL

Change of use of ground and basement floors from retail (Class A1) into Class A3 (Restaurant); installation of extract ducting on the rear elevation.

Unit 1027 Westfield London Shopping Centre Ariel Way

2017/01298

Submission of reserved matters to discharge access, appearance, landscaping, layout, and scale pursuant to Condition 1 for the land identified as Exhibition Green within the masterplan for the M&S Site redevelopment, pursuant to Outline Planning Permission reference 2014/04726/OUT, approved on 16th December 2015*.

22 Upper Mall London W6 9TA

2017/01299/LBC

Alterations to the existing external terrace seating area including new timber sliding windows and changes to finish on existing planters.

Unit 2H Woodstock Studios 36 Woodstock Grove London W12 8LE

2017/01670/FUL

Erection of an additional floor at roof level to create a new live/work unit.

123 Ryton Road London W6 7HP

2017/01636/FUL

Erection of a rear roof extension, involving an increase in the ridge height by 300mm, and including the installation of French doors and a Juliet balcony.

50 Sundew Avenue London W12 0RS

2017/01491/FUL

Erection of a single storey extension, to the side and rear of the main building.

Flat Basement And Ground Floor 49 Avonmore Road London W14 8RT

2017/01601/FUL

Erection of a single storey rear extension following the demolition of the existing conservatory; installation of a new window with two sliding sashes either side to replace the existing window at basement level to the front elevation; installation of new French doors with a Juliet balcony to replace the existing at upper ground floor level to the rear elevation.

25 Moore Park Road London SW6 2HU

2017/00764/FUL

Erection of a 1m high glazed balustrade to replace the existing 1m high metal railings around the flat roof at third floor level; increase parapet wall to rear of back addition at third floor level; installation of 1no. air conditioning unit to side of back addition at first floor level; erection of a single storey rear extension at lower ground floor level; excavation of the front garden to enlarge the existing front lightwell and excavation of part of the rear garden to form a lightwell, in connection with the creation of a new basement.(Amended description)

34 Devonport Road London W12 8NX

2017/01716/FUL

Replacement of single glazed windows and doors with double glazed timber and uPVC windows & doors.

38 Devonport Road London W12 8NX

2017/01717/FUL

Replacement of single glazed windows and doors with double glazed timber and uPVC windows & doors.

15 Overstone Road London W6 0AA

2017/00983/FUL

Erection of a part one, part two, part three storey rear extension at basement, ground and first floor levels.

St Dionis Church Parsons Green London SW6 4UH

2017/01427/FUL

Minor amendments to application ref: 2015/03552/FUL to include partial demolition and increasing the height of the northern elevation dwarf wall, installation of a bin store access gate and lobby entrance gates, new brick piers, formation a bin store, and formation of an access ramp to the northern elevation; alterations to the eastern elevation to include the erection of a new dwarf wall with 2no benches fixed to the wall, installation of new entrance doors to vestry reception area, alterations to the boiler room area to include the erection of new low level wall with an access gate and alterations to the steps and stair turret landing area; associated internal and external alterations.

Anyone who wishes to make representations about these applications should do so by 29th May 2017. See below for ways of commenting on applications.

THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2013

NOTICES UNDER REGULATION 13

London House 109 New King's Road London 2017/01628/FUL

I give notice that London Square is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Change of use of the ancillary storage at ground floor level to provide two ancillary car parking spaces for the residential units.

Anyone who wishes to make representations about these applications should do so by 29th May 2017. See below for ways of commenting on applications.

Signed: **JO ROWLANDS**

Regeneration, Planning and Housing Lead Director
on behalf of HAMMERSMITH & FULHAM COUNCIL

You can view applications, make comments and monitor their progress on our website: www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the Planning Home Page.

You can also E-mail comments to: plannings@lbhf.gov.uk
You can also inspect details of applications using computers at our office **RECEPTION FIRST FLOOR HAMMERSMITH TOWN HALL EXTENSION KING STREET W6**

Monday to 9.00am and 5.00pm, Monday to Friday, excluding public holidays.

If you want to make comments on applications please E-mail them through our website or post them to **DEVELOPMENT MANAGEMENT SERVICE PLANNING AND DEVELOPMENT DEPARTMENT TOWN HALL KING STREET W6**

9JU by the date shown above. Please include the application reference number and the name of the planning officer. We will try to consider any representations received after the date indicated but this cannot be guaranteed so please reply promptly. For initial enquiries call our information and reception service on 020 8753 1081 or 020 8753 1082.



Send us your comments about planning applications via our website: www.lbhf.gov.uk/planning

London Weekly News

SPORT

TUESDAY, MAY 9, 2017

● email paul.lagan@slp.co.uk



Cesc Fabregas and Willian. Inset, Footballer of the Year N'Golo Kante

Kante wins top writers' gong as Blues head into week of destiny



This week at
STAMFORD BRIDGE

BY PAUL LAGAN
paul.lagan@slp.co.uk

N'Golo Kante has won the prestigious Football Writers' (FWA) Footballer of the Year Award for 2017. Eden Hazard came second. Between them Kante and Hazard polled more than 65 per cent of the votes.

David Luiz, Diego Costa and Cesar Azpilicueta were also in the running.

Kante said: "It is a fantastic honour to win this award. With so many great players in this Chelsea squad and in the Premier League, for the Football Writers' Association to name me their Footballer of the Year is a very proud moment in my career."

FWA Chairman Patrick Barclay added: "N'Golo Kante could not be a more deserving winner of English football's most prestigious individual award."

"In the view of some FWA members, he would have been a worthy recipient last season for his contribution to Leicester's title success, but the almost unbroken excellent form of Chelsea since he changed clubs has left little room for further debate."

"Considering the competition of Eden Hazard and other players from Chelsea in particular, this is a great achievement."

Kante will receive his award at a star-studded celebration dinner on May 18 at the Landmark Hotel in central London.

A week is a long time in politics, they say. Well, by the end of this week, Chelsea could be top flight champions for the sixth time – five Premier League titles and the former First Division crown.

Thanks to Spurs' defeat on Friday

to West Ham, Chelsea needed just six points from their final four matches.

LWN Sport went to press before last night's home game with Middlesbrough was known. If they won, then they face WBA on Friday night at the Hawthorns knowing three points will secure the title.

Failing that, then, on Monday night, at Stamford Bridge, they have the chance to be crowned the kings of England when the Blues face Watford. As the Blues arrow towards history, behind the scenes has seen a flurry of activity as the Blues prepare for next season.

Out will go some major names, in will come some superstars and there is bound to be shock among the transfer dealings.

We all know John Terry has finally being ousted from his place in the Chelsea changing room.

Will he stay in the Premier League? Stoke City, WBA and Bournemouth are three of the sides vying for the veteran centre-back.

The American Major Soccer league could prove tempting, but he will earn 10 times the amount the UK boys could pay if he heads off to China, where ex-Blue and mate Gus Poyet is keen to land his signature for Chinese Super League side Shanghai Shenhua.

Earlier in the season, at Spurs in fact, Terry spoke to me in a bit of Chinese – he claimed it was 'Hello, Paul, are you okay?' Let's hope it was. Either way he's certainly prepared, should he up sticks and head East.

Chelsea are desperate to temper transfer speculation while the title is not mathematically certain. Despite that Diego Costa is expected to move to China in the summer in a mega million-pound deal. With this in mind Chelsea's hierarchy are working tirelessly on his replacement.

Superstar in the making Tammy Abraham, 19, said that he is "unsure where he will be playing football next



season", but LWN Sport understands he will be prepared to be second striker at Stamford Bridge next season if Antonio Conte gives him the encouragement and commitment.

Abraham just finished an

astonishing goal-spree season of

Championship side Bristol City.

He will sit down with new development coach Joe Edwards, who nurtured his development from a kid, and, along with academy guru Neil Bath and technical director Michael Emenalo discuss his next move.

A second striker role will put the nose out of joint of £33million striker Michy Batshuayi, who has had a miserable season at the Bridge, failing to make the serious breakthrough his transfer fee suggested.

But it's replacing Costa, which will be the toughest deal of the summer.

An outrageous £60million bid for Arsenal's Alexis Sanchez, 28, is a possibility while the sighting by LWN Sport last week of Michael Emenalo warmly embracing Everton's Belgium striker Romelu Lukaku, 23, in the Goodison Park tunnel, will raise expectations that the Blues will once again attempt to prise their former hitman from the Toffees.

Keeping the fringe players in line

and focused is a delicate act and something that is impossible to sustain for a long period.

Conte has managed that spectacularly well this term - the prospect of picking up a league and FA Cup medal certainly puts a damper on much of the frustration of not playing.

Cesc Fabregas, Willian and Ruben Loftus-Cheek are three players who will be seeking clarification of their roles at SW6 next season.

Fabregas, 30, is unwilling to play his football in Italy and turned down a January transfer to AC Milan - he simply does not want to play there. Staying in the UK is his preferred option, while a move back to Spain, with Valencia seen as an outside bet.

Willian, 25, has lost his automatic selection in the second half of the season, with Pedro stepping in and providing the scoring boost that has pushed the Blues to the brink of the title.

Chelsea are scouting Crystal Palace's Wilfried Zaha very carefully. Zaha has opted to play for the Ivory Coast instead of England, and the fact Chelsea could lose him to the African Cup of Nations as a result every couple of years, is a stumbling block. But a £30million offer could be tempting for the Eagles and the wide man which could see Brazilian Willian opt for Manchester United, for whom Jose Mourinho is an admirer.

Like Abrahams, Loftus-Cheek is unsure where he will be playing next season, but a loan spell to a Premier League side appears to be a distinct possibility.

With that in mind, Chelsea are eyeing up Italian prospect Domenico Berardi from Sassuolo to replace Loftus-Cheek in the squad and enhance their goal-scoring options at the same time.

Berardi, 22, has scored 53 times in more than 140 appearances since 2012 for the Italian side.

Slavisa: We are going to try and surprise them



Focus on Craven Cottage

Fulham have their eyes firmly on the sights of near neighbours Chelsea and Premier League football next season as they prepare for their Championship play-off semi final first leg at Reading, writes Paul Lagan.

The first leg will be played at Craven Cottage on Saturday at 5.30pm, with the second leg at the Madejski Stadium on Tuesday, May 16 with a 7.45pm kick-off.

Reading earned their third-place finish by beating Burton Albion 4-2 on Sunday.

Get through those and it is a day out at Wembley with the biggest prize in world football up for grabs - a tilt at the Premier League in addition to TV rights money that will be close to £100million.

Head Coach Slavisa Jokanovic is expecting to pull some surprises for Reading but still believes they are favourites to win. They finished off their league season in style beating fellow play-off side Sheffield Wednesday 2-1 at Hillsborough.

Two goals from Neeskens Kebano turned the match on its head after Wednesday took an early lead.

Ex-Chelsea midfielder Jokanovic was typically pragmatic afterwards.

He said: "We can be satisfied with our progress. We finished the regular part of the season with style. Now we put everything behind us and be ready for what's in front."

As expected, Jokanovic decided to put out a less that full-strength side, something he happily admitted.

"Their manager Carlos Carvalhal thought about resting people," he said: "I found some space to rest some people too. I have to be satisfied because nobody got injured during the game."

Of their opponents Reading, Jokanovic said: "They finished third in the regular part of the competition," he said. "The table says they are favourites, but we are going to try and surprise them."

"It will be a tough two games for both sides. We are confident, we believe we can play good football and win the games. With this mentality, anything is possible."

"It's going to be a very important 180 minutes for us. I expect we're going to be competitive, we're going to be focused, we're going to show the ambition and desire that we've shown this season."

Ollie warns: Some of the players are going to have a huge awakening



QPR boss Ian Holloway will have to revamp his squad if the west Londoners are to prevent another miserable season that saw them escape relegation from the Championship by the skin of their teeth, writes

While the club went to Twitter to thank their 2,000 supporters who made their way to Carrow Road, some fans were less than mutually complimentary.

A typical Twitter selection which summed up the mood from the terraces were: "Shame the team don't turn up as often as the fans do... 'Deserve better than the garbage the manager and team keep serving up!'

"If they all managed to turn up how come the team didn't??? AGAIN!!!

"What a waste of time for our poor supporters they turn up team don't !!!#QPR"

"Maybe a refund to all those who travelled to watch such a poor performance! Let's hope next seasons better by a very long way!"

It's next season that Holloway and the board will be focusing on in the coming months.

Holloway said of the defeat: "It could have been worse if I'm honest."

"We lost Yeni Idrissa in the week and after the high of last week, I feared it could be too much for some of them out there."

"Some of the players got a chance and didn't really take their opportunities. If some of them thought that was good enough then they will have a huge awakening. It was too much for some of them out there."

"It's bitterly disappointing but we've got to move on. We've got a long way to go and let's be thankful that we did the job when it was required of us last weekend and go on and have

a really good summer like we did in January."

Now he's looking forward to next season: "It takes time but at the end of the day we need to build and we need to add (players)."

"We need to get the right people in. It's a big job but I've already got my teeth into it and I am looking forward to it."

● Perhaps one young player will feature next season and that is Aramide Oteh who has signed a one-year deal.

The ex-Spurs hitman, 18, has scored six goals for the U-23s side.

● Another kid, Ilias Chair has also nabbed a one-year deal.

The Belgium, 19, arrived from Lierse SK in January and has scored once for the U-23 side.

Paul Lagan.

The Hoops finished this season's campaign in 18th place on Sunday, with 53 points, two off third from bottom Blackburn Rovers who, despite beating Brentford 3-1 went tumbling brought the trap door.

Sunday's 4-0 rout away to Norwich City typified their season.